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# REPORT

OF THE

NATIONAL HEALTH SOCIETY,

1884.

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# NATIONAL HEALTH SOCIETY.

1883-84.

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 Tunbridge Wells.—Mrs. JOHNSTONE.  
 Workington.—Rev. J. J. THORNLEY.

**Honorary Members** :—SOCIÉTÉ FRANÇAISE D'HYGIÈNE.

*Subscriptions and Donations may be paid to the Secretary at the Office, 44, Berners Street, Oxford Street, London, or to the account of the Treasurer at the London and Westminster Bank (Bloomsbury Branch), 214, High Holborn, London. Post Office Orders to be made payable in the name of Fay Lankester, at the Post Office, Charles Street, Middlesex Hospital, W.*



# CONSTITUTION AND LAWS.

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## CONSTITUTION.

1. This Society is formed to unite and organize voluntary efforts for the collection and diffusion of well-established sanitary knowledge which bears on the physical and moral welfare of all classes of society.

2. It will also be in accordance with the aims of this Society to give support to practical efforts for carrying out the laws of health in daily life.

3. It invites the co-operation of both men and women in its work.

4. In forming voluntary Branch Societies it will endeavour to work according to the divisions of the country into health districts, hoping to enter into friendly relations with the existing Sanitary Authorities.

5. It will be the special aim of the Society to promote sanitary knowledge in families and households, whose influence will thus afford the best support and guidance to sanitary legislation.

## LAWS.

1. The work of the Society will be carried on by an Executive Committee, assisted by a General Committee, and by corresponding Members.

2. A General Meeting of Members shall be called in the beginning of each year, to receive the Annual Report, the resignation of the Executive Committee, to elect the Executive Committee for the ensuing year, and new Members of the

General Committee if necessary. Members of the Executive Committee are re-eligible.

3. It shall be the duty of the Executive Committee to meet at least twice a month, to direct the business of the Society, except during the vacation as shall from time to time be determined. It must consist of as many as seven Members, of whom three shall constitute a quorum. It shall have power to add to its number, and to appoint sub-committees.

4. The Members of the General Committee may be consulted at any time by the Executive Committee. They may be invited to preside over or otherwise to assist at public meetings.

5. The payment of one guinea, annually, constitutes Membership, or ten guineas at once Life-Membership. Members will be notified of all Meetings, Lectures and Discussions. They will be assisted by the Secretary to obtain any sanitary information they may desire, and will be entitled to one copy of all Reports and Transactions issued by the Society.

6. These and all future Laws may be altered or added to at a General Meeting of the Members, special notice of the alteration being given a fortnight beforehand.

7. Annual Subscribers of sums under one guinea are entitled to Notice of Meetings, etc., and the Annual Report.

ATTENDANCE AT 44, BERNERS STREET, EVERY DAY  
DURING THE SEASON EXCEPT SATURDAYS,  
2 TILL 5 O'CLOCK.

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## REPORT.

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THE Committee of the National Health Society have pleasure in laying before their friends and subscribers the Eleventh Annual Report of the Society's work.

The following lectures have been delivered during the past year by the Society's lecturers, chiefly in the poorer parts of London :

### LECTURES.

DR. J. J. POPE during the past year has delivered for the Society *eleven* lectures, eight of which were given in London, and three in provincial towns.

His popularity as a lecturer ensures him full audiences, and the pleasing and attractive manner in which he teaches sanitary truths materially enhances the value of his work. Many reports have reached the Society of important improvements in the personal and domestic arrangements of those who have listened to his lectures.

Dr. Pope lectured twice in Bethnal Green, Bermondsey, and Denmark Hill, and with much success.

On March 8th, by special desire, Dr. Pope lectured in Canterbury, on "Clothing in relation to Health," and on November 17th, through the kind co-operation of Mr. Woodall, M.P., he addressed an overflowing audience



of the working class at the Wedgewood Institute, Burslem, choosing for his subject, "Number One, and how to take care of him." An application has been received for a second visit, interest in the matter having been thoroughly aroused.

Dr. Pope lectured for the Society at Saltash, in Cornwall, in December, at Clapham Hall and the Jewish Girls' School, in Bloomsbury. At the close of each of these lectures, Dr. Pope undertakes to answer questions from any of the audience, a privilege of which many avail themselves. During the Exhibition held in Humphreys' Hall, Knightsbridge, last summer, he lectured on "Baths and Bathing," and devoted considerable time to the interests of the Society.

MISS BARNETT has during the year delivered *seventy-nine* lectures for the Society, having spent some months in the northern counties during the autumn on a lecturing tour.

The Committee have been greatly encouraged by the success of these simple lectures on Sanitary matters, and by the increasing demand for them, and are most anxious to co-operate and assist all those desirous of obtaining such teaching as Miss Barnett's in their different localities. In some cases the lectures were delivered in drawing-rooms to audiences of ladies, district visitors, nurses, etc.; at other times to large audiences of working men and women, in school-rooms, club-rooms, at mothers' meetings; and sometimes to classes of girls, young domestic servants and shop girls.

Any ladies or gentlemen willing to organize teaching of this kind are requested to communicate with the Secretary, Miss Lankester, 44, Berner's Street. In some of the towns visited, Miss Barnett gave courses of lectures on "Prevention of Disease," "Spread of Fevers," "House Sanitation," "Foods," "Practical Cookery," "First Principles of Health," "Temperance," and kindred subjects.



The places visited were: Astley Bridge, Bolton and its suburbs, Bradshaw, Glasgow, Govan, Liverpool, Keswick, Particke, Rotherhithe, Sheffield, Workington, Cheltenham, Chiselhurst, Clapham, Bayswater, Barrett's Court, Petersham, Hackney, Westminster, St. Martin's-in-the-Fields, Shepherd's Bush, Tottenham, Deptford, and various others of the eastern parts of London.

During the Society's Exhibition at Humphreys' Hall, Knightsbridge, Miss Barnett gave daily lectures on "Cookery," practically illustrated.

MISS BRADLEY has lectured in several districts in the east of London. A course of simple lectures, given at a mothers' meeting in Stepney, was much appreciated. In Chelsea also Miss Bradley attracted a very large audience of mothers, who not only came themselves, but brought their friends, and were most earnest in their questions and inquiries after each lecture, as to the importance of fresh air to breathe, warm clothing, the proper way of feeding children, the necessity of cleanliness, and the means of preventing the spread of infectious disease.

The girls of the Lily Club most thoroughly enjoyed their lessons on the "Laws of Health," and have begged for more.

The district visitors and mothers in Milford Place formed a most attentive audience, and are most anxious for another course of teaching which they find so useful in their everyday lives.

A SPECIAL COURSE OF LECTURES, arranged principally for ladies engaged in district visiting, was given by Mrs. Sheil, on Saturday mornings, in Westbourne Park.

The following prospectus gives the outline of the course, which was illustrated by the Society's diagrams; and, in the case of the second lecture, by specimens of Hygienic Clothing, supplied by Hamilton and Co., 27, Mortimer Street, W.

## LECTURE I.

### PREVENTION OF DISEASE.

- EXAMPLE 1. Of Diseases which have been Prevented.  
 „ 2. Of Diseases which have been rendered Less Fatal.  
 „ 3. Of Diseases that are, in any degree, Preventible.  
 Value of Disinfectants in the Prevention of Diseases which Spread.

## LECTURE II.

### THE FRAMEWORK AND CLOTHING.

The Bones—their nature and uses. The Joints. Sprains.  
 Growth of Bone. Effect of Pressure on Bones of Children.  
 Clothing—its influence on Health. Common mistakes about Clothing.

## LECTURE III.

### THE AIR AND VENTILATION.

How Breathing is performed. Description of the Lungs and their work.  
 The Air. Sources of Impurity. Importance of Ventilation.  
 Simple modes of Ventilating.  
 Dangers of the Dustbin.  
 Influence of Light in the Sick-room.

## LECTURE IV.

### FOOD.

Purposes served by Food. Different kinds of Food necessary.  
 Children's Food.  
 Importance of Pure Water. Filters.  
 How Nourishment is derived from Food.  
 Some causes of Indigestion.

Though the main object of the course was the practical application of the “Laws of Health” to the homes of the poor, yet throughout the Physiology on which those “Laws” are based was clearly kept in view, and to a great extent accounted for the interest with which the

course was followed, and for the expressions of regret with which the ladies separated at its close.

Mrs. Shiel is particularly happy in the manner in which she absorbs and interests her audiences, whilst giving them thoroughly sound practical teaching.

The thanks of the Committee are due to Miss I. M. Gladstone, who readily undertook and most effectively carried out all the necessary arrangements for this course of lectures.

Dr. Roberts, M.O.H., Keighley, gave two courses of lectures, at Keighley and Retley, on "Health," "Cleanliness," "Clothing," "Warming the House," "Ventilation," "Drainage," and "Food." The lectures were illustrated by numerous diagrams, and a model of the human body.

Dr. Frank Nicholson, of Hull, a member of the Society, delivered a lecture on "Clothing," for the Society, at Beverley.

Dr. Gordon Hogg has also delivered a course of lectures on the "Laws of Health," at Bedford Park.

Miss Burrowes lectured twice on "Cooking," at Yeoman's Row, for the Society.

## DIAGRAMS.

The Committee have increased their stock of physiological and hygienic diagrams during the year, and are glad to be able to lend them, with those presented to the Society by Mr. Treves, to lecturers and members of the Society.

## EXHIBITION.

Owing to the success of the small exhibition of Hygienic Clothing, held after Mr. Treves's lectures on "Dress of the Period," the Committee arranged to open an Exhibition of Sanitary Domestic Appliances, Hygienic Dress and Decoration, at Humphreys' Hall, Knightsbridge. The Exhibi-



tion was opened on June 2nd, by the Lord Mayor and Sheriffs, and a large party of distinguished personages, and was kept open for a fortnight. The management of the Exhibition was put into the hands of Mr. E. J. Powell.

The following is a list of Exhibition Committee, classes of exhibits, balance sheet of receipts and expenditure, and list of those who took medals and awards at the Exhibition.

### EXHIBITION COMMITTEE.

H.R.H. PRINCESS CHRISTIAN,	} <i>Patronesses.</i>
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H.R.H. PRINCESS MARY ADELAIDE, DUCHESS OF TECK,	
HER GRACE THE DUCHESS OF WESTMINSTER,	
ERNEST HART, Esq., <i>Secretary.</i>	
HUGH LEONARD, Esq., <i>Treasurer.</i>	

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 The Lady Dorothy Nevill.  
 Countess of Pembroke.  
 Countess Brownlow.  
 Dowager Lady Stanley of Alderley.  
 Right Hon. Sir Stafford Northcote,  
     Bart.  
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     lebone.  
 Miss I. M. Gladstone.  
 Miss Hart.  
 Miss A. L. Boyle.  
 Miss Williams.  
 Miss Lankester.

*Manager of the Exhibition*—MR. E. J. POWELL.

The Exhibition was divided into *Seven Classes*, as follows :

## CLASS I.

### CLOTHING

Stuffs, shown in Relation to Design, Material, and Dyes. Dresses, Under-clothing, Vests, Boots, Shoes and Stockings, Head-coverings. Materials for the above. In this Class were included examples of the Divided Skirt, Artistic and other Costumes adapted for modern wear, Hygienic Corsets, Normal Boots, Digitated Stockings, Sanitary Suspenders for Stockings, Petticoat Braces, Ventilated Hats, Veils, and Waterproof Over-clothing, Tricycling Costumes, Mountaineering, Boating, and Yachting Suits, Lawn Tennis Dresses, etc.

## CLASS II.

### FOOD PRODUCTS,

Included Whole Meal, Aërated and other Breads, made from Wheat Barley, Oatmeal, Maize, etc., and the Cereals themselves in various stages of preparation, Cooked and Desiccated Breakfast Cereals, Cornflours, Malted Foods and Malt Extracts, Biscuits, Children's Foods and Invalid Dietetic Articles, Extracts of Meat, Economic Combinations of Food, Special Milk Preparations, Mineral Waters, Temperance Drinks, Specialties in Wines, etc.

## CLASS III.

### THE SANITATION OF THE HOUSE AND HYGIENIC DECORATION.

#### SECTION 1. Ventilators (Inlet and Outlet).

- „ 2. Parquet, Tile, and other Washable Floorings and Wainscoating.
- „ 3. Wall-papers, Hangings, etc. (especial importance was attached to all Exhibits prepared with non-poisonous colours).
- „ 4. Paints, Pigments, Dyes, etc. (Non-poisonous.)
- „ 5. Water and Earth-closets, Commodes, and Flushing Cisterns, Lead Taps, and Plumbers' Fittings.
- „ 6. Chemical Appliances, Deodorizers, Disinfectants, and Soaps.
- „ 7. Water-filters, including Filters for Rain-water, and Processes for Softening Water.

SECTION 8. Dustbins, Portable Receptacles for Dust. Methods of Dust Collection. Combined Cinder-sifters and Dustbins.

#### CLASS IV.

##### APPLIANCES FOR THE SICK-ROOM, HOME-NURSING, AND HOME-EDUCATION.

- SECTION 1. Bedsteads, Couches, Mattresses, and other Invalid Furniture.
- „ 2. Dresses for Nurses, and Visitors to the Infectious Sick.
- „ 3. Dresses for Infants, and Appliances for Infant Hygiene, and Nursery Furniture and Fittings.
- „ 4. School-room Desks and Seats, Kinder-Garten and other Scholastic Apparatus for the Young.
- „ 5. Domestic Medical and Surgical Appliances, Medicine Chests, etc.

#### CLASS V.

##### INDUSTRIAL DWELLINGS AND COTTAGE HYGIENE.

Models and Plans of Flats and Cottages for the Artisan and Labouring Classes.

- SECTION 1. Cheap Damp-proof Walls. Roof-coverings and Damp-proof Floors.
- „ 2. Furniture specially adapted for Artisans' Residences, other than Beds.
- „ 3. Fire-proof Materials.
- „ 4. Washing, Wringing, and Drying Machinery for Cottages and Private Houses.
- „ 5. Publications, in all Languages, dealing with House Sanitation.

#### CLASS VI.

##### HEATING, LIGHTING, AND COOKING APPARATUS, FUEL AND APPLIANCES.

- SECTION 1. Domestic Grates, Stoves and Kitchen-ranges, for Coal, Coke, and other Fuel, with Special Reference to Economy of Fuels, Improvement of Ventilation, and Consumption of Smoke.



SECTION 2. Stoves, Cooking-apparatus, and Accessory Appliances, heated by Gas.

„ 3. Lighting by Oil and Gas-lamps.

„ 4. Lighting by Electricity, and the Application of Electricity to Machines for Domestic Purposes, such as Sewing-machines, etc.

## CLASS VII.

### AMATEUR CLASS.

This Class was composed of Exhibits of Inventions by Amateurs relating to any of the Classes in the Exhibition; and Selected Exhibits were admitted to this Class without charge for space.

## PRIZE-TAKERS AT THE NATIONAL HEALTH SOCIETY'S EXHIBITION.

CLASS I.—Hamilton and Co., Silver Medal for the Harberton Costume; Mrs. Pfeiffer, Silver Medal for Greek Dress; Mr. J. T. Goodman, Silver Medal for General Excellence of Make and Design; Messrs. Dowie and Marshall, Silver Medal for the Excellence of their Hygienic Boots; Wm. Hall, Silver Medal for the Excellence of his Hygienic Boots; Messrs. T. and H. Steele, Silver Medal for their Hygienic Corsets for Adults, and General Excellence of Make and Design; Mrs. Ann Wise, Silver Medal for her Elastic Chest-expanding Corset, and for her Riding and Nursing Corsets; Hamilton and Co., Bronze Medal for Child's Frock (Old Gold); Rational Dress Society, Bronze Medal, Working Woman's Dress, for Economy and General Suitability; Mrs. Beck, Bronze Medal for the General Excellence of her Exhibit; Rational Dress Society, Bronze Medal for their Designs for Under-clothing; Mrs. A. Bauer, Bronze Medal for Superior Workmanship and General Excellence; Mrs. T. Taylor, Bronze Medal for Excellence of Design for Infants' Clothing; Messrs. Morris and Co., Bronze Medal, Dress Silks, for Quality of Manufacture and Design; Mrs. Herringham, Hon. Mention for Excellence of Designs for Infants' Clothing; Liberty and Co., Bronze Medal for Quality of Manufacture and Colour; Waukenphast and Co., Bronze Medal, Boots and Shoes, for General

Exhibit; Wentworth and Co., Silver Medal, Life-saving Garments; Lairitz, Bronze Medal, Pine-wood Productions; J. Rubley, Hon. Mention, Hygienic Stockings; Messrs. Pocock Brothers, the Five Pounds Prize given by the Rational Dress Society, for the Cheapness, Form, and Make of their Boots for Working Women and Children; Messrs. Waterman and Co., Hon. Mention in connection with the above Competition.

CLASS II.—Aylesbury Dairy Company, Silver Medal for Artificial Human Milk; Burroughes, Wellcome and Co., Silver Medal for Capsuled Pills and Wyeth Compressed Tablets; Feltoe and Sons, Silver Medal for Lime Juice; W. Hill and Son, Silver Medal for Whole Meal Preparations, especially Finely-ground Whole Meal; A. and F. Pears, Silver Medal for Soaps; P. and P. W. Squire, Silver Medal for Malt Extracts; the Sanitas Company, Silver Medal for Sanitas Oil and Emulsion; Eugene Rimmel, Silver Medal for General Exhibits; P. A. Maignen, Silver Medal for "Filtre Rapide;" F. C. Calvert and Co., Silver Medal for Preparations of Sulpho-Carbolates; Aylesbury Dairy Company, Bronze Medal for Koumiss; Burroughes, Wellcome and Co., Bronze Medal for Hazeline and Elixoids; Australian Wine Company, Bronze Medal for Muscat and Sauvignon; J. Edmunds, Bronze Medal for Curry, Custard, etc., Powders; P. and P. W. Squire, Bronze Medal for Respirators of Cheap and Good Construction, and Improved Medicine Chests; Jeyes' Sanitary Compounds Company, Bronze Medal for Exhibit of Sanitary Compounds; Mottershead and Co., Hon. Mention for Liquor Pancreaticus and Liquor Pepticus; Allen and Hanburys, Hon. Mention for Tasteless Castor Oil; Burroughes, Wellcome and Co., Hon. Mention for Tincture Press; A. Grant, Hon. Mention for Whole Meal Preparations; J. Wheeler, Hon. Mention for Pixine Preparations; W. K. Stevens, Hon. Mention for Flitwick Water.

CLASS III.—Moule's Patent Earth Closet Company, Silver Medal for their Earth Closet Apparatus; John Bolding and Sons, Bronze Medal for Valve-Closet with Flushing Rim and Supply of Water to Trap of Overflow; John Bolding and Sons, Bronze Medal for Wash-Out Closets; O. D. Ward, Bronze Medal for the Household Hopper Closet; O. D. Ward, Hon. Mention for Bean's Patent Direct-Acting Valveless Waste

Preventer ; George Jennings, Hon. Mention for "Tip-Up" "Lift-Out" Lavatory Basin ; George Jennings, Bronze Medal for Housemaid's Slop Sink ; George Jennings, Bronze Medal for Automatic Flushing Cistern ; George Jennings, Hon. Mention for Patent Ball Trap ; Hayward, Tyler, and Co., Bronze Medal for Full Flush Valveless Closet ; Hayward, Tyler, and Co., Hon. Mention for Shower and Douche Valves ; T. D. Bostel, Hon. Mention for Brighton Excelsior Closet ; Robert Houghton and Co., Bronze Medal for Improved Gully, with Movable Side Inlet ; Henry Conolly, Bronze Medal for Valve Closet, with Supply of Water to Trap of Overflow ; Henry Conolly, Hon. Mention for Bellman's Patent Gully ; Henry Conolly, Hon. Mention for Noiseless Water Waste Preventer ; J. Purnell and Son, Bronze Medal for Siphon Water Waste Preventer ; J. Purnell and Son, Hon. Mention for Air-tight Manhole Door ; A. T. Angell, Hon. Mention for Lip Siphon Trap ; Robert Boyle and Son, Bronze Medal for Air Pump Ventilator ; C. Kite and Co., Bronze Medal for Improved Inlet Ventilator ; C. Kite and Co., Bronze Medal for Chimney-breast Outlet Ventilator ; H. W. Cooper and Co., Hon. Mention for Circular Revolving and Sliding Ventilators in Glass ; Hayward Brothers and Eckstein, Silver Medal for Hayward's Patent Semi-Prism Reflecting Lens Pavement Lights ; Robert Adams, Bronze Medal for Anti-Accident Reversible Window ; Robert Adams, Bronze Medal for Fanlight Opener ; G. A. Williams, Bronze Medal for Patent Universal and Invisible Outside Blinds ; G. Tidcombe and Son, Hon. Mention for Scraper Mats of Metal for Outside Use ; Thomas P. Cook, Bronze Medal for Combination Cinderbin and Sifter ; Groom and Co., Hon. Mention for Housemaid's Box with Cinder Sifter ; Albissima Paint Company, Bronze Medal for Albissima Non-Poisonous Paint ; Jeffry and Co., Silver Medal for Cheap Artistic Wall Papers free from Arsenic ; Jeffry and Co., Silver Medal for Wall Papers painted in Oil Colours on Lacquered Gold Ground ; Morris and Co., Silver Medal for their exhibit of Washable Printed Cotton and other Cheap and Artistic Fabrics ; Woollams and Co., Silver Medal for Wall Papers free from Arsenic ; Scott, Cuthbertson, and Co., Bronze Medal for Wall Papers free from Arsenic ; Henry Carr, Bronze Medal for Diagrams showing that Wall Papers can be produced



with as Good Effect without Arsenical Colours; Howard and Sons, Bronze Medal for Parquet Flooring.

CLASS IV.—Messrs. James Allen and Son, Silver Medal for their Ventilating Croup or Steam Draft Kettle; Mr. Thomas William Stidolph, Bronze Medal for the design of his Elastic Cloth-Sacking Bedstead; Mr. H. J. Dalton, Hon. Mention for his Invalid Bedstead Appliance; Messrs. Chorlton and Dugdale, Silver Medal for their Excelsior Spring Invalid Couch; Messrs. Pocock Brothers, Hon. Mention for their Indiarubber Appliances; North of England School Furnishing Company, Bronze Medal for Roth's School Seats; Mr. Hansell, Bronze Medal for his Movable Bed Table and Shelf combined; N. Nixon, Silver Medal for his Bed-Pan Cage, Hon. Mention for his Bed-Rest with Foot Support, Hon. Mention for his Croup Kettle; Messrs. Beynon and Cox, Bronze Medal for their Turkish Bath on Cox's Pure Air Principle; Madame Rubens, Bronze Medal for her Model Urinals for Children and Invalids; Miss McMullin, Bronze Medal for the ingenuity displayed in Adapting Electricity to her Hair Brush.

CLASS V.—Harper Twelvetreets, Silver Medal for General Excellence of his Exhibits, excepting Water Filter; Victoria Stone Company, Bronze Medal for Patent Stone Flooring; Geo. Salter and Co., Bronze Medal for Hughes' Patent Fountain Washer; Messrs. Groom and Co., Hon. Mention for Bower's Patent Potato Steamer.

CLASS VI.—B. Giles and Co., Bronze Medal for Gas Fish and Vegetable Steamers; Bronze Medal for Gas Water Heater; Brown and Co., Bronze Medal for Mitrailleuse Lamp; Brown and Green, Silver Medal for Under-feeding Smoke Consuming Apparatus, as applied to Kitcheners and Register Grate; W. and S. Deards, Bronze Medal for Princess Louise Stove for Heating by Hot-water; The Eagle Range and Foundry Company, Silver Medal for Eagle Range; Potter and Sons, Bronze Medal for Thermhydic Ventilating Hot-water open Fire Grate; T. J. Constantine, Silver Medal for Treasure Cooking Range; Joseph Davis and Co., Hon. Mention for Bath Thermometer, Hon. Mention for Oven Thermometer; James Stott and Co., Silver Medal for Self-acting Gas Governor; O. G. Blunden, Hon. Mention for Red Earthenware Cooking Utensils; Groom and Co., Hon.

Mention for Oxford Oil Can; Vertical Feed Sewing Machine Company, Silver Medal for the Vertical Feed Sewing Machine with attachments; Beynon and Cox, Bronze Medal for Workman's Grilling Stove; Beynon and Cox, Silver Medal for "Saveall" Gas Cooking Stove; Beynon and Cox, Silver Medal for Gas Stove for Heating and Ventilating; W. H. Stephenson, M.D., Bronze Medal for Portable Gas Heating Water Coils; The Silber Light Company, Bronze Medal for Miratus Oil Stove for Cooking and Heating; Bronze Medal for the Wellington Reading Lamp; Hon. Mention for Lamp Filler; H. and C. Davis and Co., Bronze Medal for The Eclipse Griller; The Coalbrookdale Company, Limited, Bronze Medal for Kyrle Grate; Richards and Barton, Hon. Mention for Circular Fronted Range; J. E. H. Andrew and Co., Bronze Medal for Bisschop Gas Engine; B. Giles and Co., Silver Medal for Giles' Gas Cooking Stove; The General Gas Heating and Lighting Apparatus Company, Limited, Silver Medal for their Exhibit of Gas Cooking Stoves, Bronze Medal for their Artisan Gas Griller.

Mrs. Buckton (late of Leeds) lent her Models of a Sanitary and Unsanitary Workman's House, which she most kindly explained during the time of the exhibition; the cooking apparatus used in teaching cooking in the Leeds Board Schools was also shown and explained by Mrs. Buckton, to whom the Committee is deeply indebted for the active part she took in rendering some of the most interesting exhibits in the exhibition practically understood.

Mrs. Priestley's Floral Ventilator, Model of Mayfair Dust Cellar, and Feverproof Costume, were also exhibited, as well as many other amateur inventions which were among the most interesting exhibits shown.

## EXHIBITION LECTURES.

Lectures were given twice daily during the Exhibition, in a lecture-room attached to Humphreys' Hall by the most eminent sanitary authorities, and Miss Barnett gave daily cooking demonstrations.

Professor Corfield, M.D.—“ Mistakes about Health.”

Professor De Chaumont, F.R.S.—“ Food.”

Pridgen Teale, Esq., F.R.C.S.—“ Dangers to Health.”

Ernest Hart, Esq.—“ Smokeless Fires and Economical Fuel.”

Dr. Wynter Blyth (M. O. H., Marylebone).—“ Disinfectants.”

Professor Flower, F.R.S.—“ Fashion and Deformity.”

Captain Douglas Galton, C.B., F.R.S.—“ Steam Heating.”

Miss Lückes (Matron London Hospital).—“ Sick Room Appliances.”

Dr. Percy Frankland.—“ Water.”

Henry Carr, Esq.—“ Our Domestic Poisons.”

Lewis Day, Esq.—“ Common Sense House Decorations.”

Dr. Andrew Wilson (Lecturer Edinburgh Medical School.—

“ Our Unbidden Guests ;” “ A Chat about Food ;”

“ Parasites, and How to Avoid them.”

Lectures delivered each day at four o'clock, admission free :

Dr. Pope, M.R.C.S., etc.—“ Baths and Bathing : Their Proper Use and Value ;” also some important yet simple directions as to the best methods of attempting to save drowning persons, and resuscitating the apparently drowned.

Dr. Richard Neale, M.D.—“ The Chemical Lung.”

Cooking Demonstration (Miss Barnett).—“ Bread.”

“	“	“ Preparations of Maize.”
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“	“	“ Beef Tea and its substitutes.”
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“	“	“ Temperance Drinks.”
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“	“	“ Peas, Beans, and Lentils.”
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“	“	“ Economical Dishes.”
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W. D. Scott-Moncrieff, Esq., C.E.—“On the Use of Cast Iron for House Drainage.”

John Slater, Esq., B.A.—“Electric Lighting of Houses,” etc.

W. Eassie, Esq., C.E.—“Modern House Drainage.”

Captain M. P. Wolff.—“Proposition for the Improved Cheap Supply of Cooked Food to the Working Population on Self-supporting Basis.”

The Committee take this opportunity of again thanking the Lecturers, the Jurors, and the Exhibition Committee, who gave so much of their valuable time to the work of the Exhibition.

This Exhibition was held with the object of disseminating health principles; the lectures were free, and the papers and leaflets of the Society were freely distributed.

# NATIONAL HEALTH SOCIETY.

EXHIBITION ACCOUNT to December 31st, 1883.

Cr.

Dr.

To Receipts as follows:		£		s.		d.	
For Space in Hall and Advertisements in Catalogue	...	1153	1	8	371	17	3
" Admissions	...	227	11	6	326	8	0
" Tickets	...	22	13	3	171	14	4½
" Sale of Catalogues	...	15	11	2	105	0	0
By Payments as follows:							
For Advertising	...						
" Hire of Hall	...						
" Printing Catalogues, etc.	...						
" Expense of Management	...						
" Commission for Letting Space	...						
" Labour	...						
" Gasfitting, Placards, Signs, and Sundry Accounts	...						
" Decorations	...						
" Postage, Telegrams, Refreshments, etc.	...						
" Medals (on account)	...						
" Gas and Water	...						
" Hire of Lay Figures	...						
" Petty Expenses	...						
" Balance at Bank	...						
" of Petty Cash	...						

## COMMITTEE FOR INVESTIGATING ARSENICAL AND OTHER POISONS IN DOMESTIC FABRICS.

Early in the year the Council of the Society appointed a committee, consisting of—Ernest Hart, Esq., chairman; H. C. Bartlett, Esq., Ph. Doc., F.C.S.; T. Lauder Brunton, Esq., M.D., F.R.S.; H. Carr, Esq.; General F. Cotton; Bernard Dyer, Esq., F.C.S.; Robert Farquharson, Esq., M.D., M.P.; T. Vesey Fitzgerald, Esq.; C. Heisch, Esq., F.C.S.; Jabez Hogg, Esq.; Malcolm Morris, Esq.; G. W. Wigner, Esq., F.C.S.; and Edward F. Willoughby, Esq., M.B., Hon. Sec.—to collect evidence as to the injury to health caused by the use of poisonous dyes and pigments in articles of personal and domestic use. The committee, after some deliberation, determined to limit their attention for the present to the question of arsenical colours, and obtained among other information the mass of facts collected by the committees of the Medical Society and the Society of Arts, both of which had, for various reasons, allowed the matter to drop. With regard to arsenic, it may be well to observe that there are two classes of objectionable colours, viz., those in which arsenic is an essential constituent, as the well-known emerald or Schweinfurt green, which is simply an arsenite, or aceto-arsenite, of copper, and is largely employed in a certain class of wall papers, and in the manufacture of artificial flowers; and, secondly, many of the aniline colours which, though they may be in themselves harmless, are obtained by the action of arsenic acid on the products of tar, as nitro-benzol. Arsenic acid is a powerful and cheap reducing agent, and though it may be washed out, it rarely is so; indeed, it is stated that some, notably fuchsin, lose much of their lustre if the washing is effectually performed. It is much to be desired that other equally efficient reducing agents should be found, the price of which should render their

substitution commercially profitable, and it is a fact that as regards aniline colours, three of the principal colour manufacturers of Germany have, in consequence of the stringent legislative enactments of that Empire, entirely rejected the use of the arsenic or Wöhler's process, and that the firm of W. Wollams and Co. (Mr. Aumonier) obtain all their colours from one of these, thus guaranteeing the freedom of all their wall-papers from any trace of that element.

The Committee addressed a letter to Earl Granville requesting information as to the existing legislation in every country of Europe on the subjects of poisonous pigments, to which his lordship responded with his well-known courtesy, and replies have been received from the whole of the agents of Her Majesty's Foreign Office abroad. These have been abstracted by the secretary to the Committee, Dr. E. F. Willoughby, and the abstracts published in the *British Medical Journal*, but the entire correspondence has been ordered to be printed as a Parliamentary Paper.

Besides publishing in the pages of the *British Medical Journal* a report by Dr. Lauder Brunton on "The Medical Aspect of the Use of Arsenic," and another by Dr. Stevenson, the chemical members of the Committee have described a modification of Marsh's test, which they have designated the standard test of the Society for ordinary purposes, as the selection of papers by decorators; and they sanction the use of Reinsch's test, but they are fully aware of its defects, and strongly recommend that no legal proceedings under the proposed act be taken except on the results of the standard or modified Marsh's test.

They have requested Mr. Vesey Fitzgerald to draft a Bill dealing with the question of arsenical colours, only, which, from the favourable reception their proposals have received at the hands of more than one of her Majesty's Ministers, they hope to get passed during the coming Session.



When this first step has been gained, they intend to turn their attention to other poisonous pigments, as those containing mercury, lead, cadmium, etc., and to draft a further Bill based on the laws which have long been in force in Prussia, and have for some years been extended to the whole German Empire, and which the Governments of Austro-Hungary and Denmark are gradually adopting. It is their intention to obtain from her Majesty's Government the appointment of a commission to collect evidence on the injuries to health resulting from the use of lead, not only as a pigment but as a luting in boilers, etc. On this point the Government have already some important evidence derived from the reports of her Majesty's Dockyards, much more has been collected by Dr. Bartlett, a member of the Committee, while the fearful revelations contained in the reports of Mr. Redgrave, her Majesty's Senior Inspector of Factories, on the sacrifice of life and health among the wretched operatives, especially the women employed in the Dutch or Stack process of manufacturing white lead, have been for some months before the public. The state of things thus brought to light, and which no practicable or conceivable precautions seem capable of obviating or even materially alleviating, points to but one conclusion, viz., that if harmless substitutes as the zinc silicates cannot be made to replace lead, some other process, as that of E. V. Gardner, must be in time declared the only legitimate one, and the Stack method gradually superseded and finally prohibited by law. When the question of arsenic has been settled, these will engage the attention of the Poisonous Pigments Committee.

The thanks of the Committee are due to Dr. E. F. Willoughby for so efficiently filling the post of Hon. Sec., and giving so much of his valuable time and attention to this important matter.

## DUST COLLECTION.

During the year the Committee have given time and attention to suggesting and advocating the best means of dust removal, and the following rules have been drawn up :

1. That there are a great many difficulties in the way of the adoption of a *uniform* system of dust collection and disposal in the various parishes, which would be thoroughly efficient and unobjectionable.

2. That the efforts of the Vestries are to a great extent frustrated by the different views entertained by householders upon the subject.

3. That no plan of removal will be thoroughly efficient unless the householders will help in the matter.

4. That the best possible plan is for the vegetable and animal refuse to be removed, if possible, or burnt upon the kitchen fire, leaving nothing but innocuous dust to be taken away.

5. That, recognising the difficulties in the way of the universal adoption of this plan of incineration, the systematic weekly removal of dust from every house is very necessary.

6. That this systematic removal can only be carried out economically to the Vestries, and therefore economically to the ratepayers, by the substitution of sacks or metal tubs for dustbins.

7. That this Society urges all householders to take immediate steps to replace their dustbins by sacks or metal tubs, such receptacles to be placed out of reach of the wind and rain.

8. That in any case of uncertainty or difficulty the householder should immediately communicate with the Vestry Clerk, or Surveyor of his parish.

9. That the Vestries should be urged to persevere in the organization of a forced house-to-house weekly collection of refuse.

Many letters on this subject have been received, much correspondence has ensued, and public interest has been thoroughly aroused.

## METROPOLITAN PUBLIC GARDEN, BOULEVARD, AND PLAYGROUND ASSOCIATION.

This association, whose inauguration in connection with the National Health Society was noticed in our last report, now numbers 190 members, and much useful work has been accomplished during the past year with a very small outlay. Valuable information concerning the existing open spaces has been collected and printed, and in some cases the association has successfully opposed the enclosure or appropriation for building and other purposes of parks, common-lands, and burial-grounds. Assistance in the form of grants of money, seats, or legal advice has been given to several of the London clergy, and to the Kyrle Society, thus enabling them to beautify and throw open to the public certain of the disused churchyards and burial-grounds which abound in the Metropolis. Seats have been placed upon the Triangle in Union Street, Borough, in pursuance of the work begun by the National Health Society. The association is hopeful of success regarding the opening of some of the squares which exist, neglected and useless, in crowded districts. A gift of plane-trees has converted the Mile End Road into an East End "boulevard."

Nor have the children been forgotten. Owing to the liberality of Lord Brabazon, a large grant has been made to the London School Board for the erection of a public gymnasium in one of their most central schools, and in November a deputation waited upon the members of the Board, urging them to throw open all their playgrounds during stated hours of the day. Gifts of gymnastic apparatus have also been made to certain National Schools in South London, and the association has been permitted by the Surrey magistrates to convert a portion of the ground belonging to the Horsemonger Lane Gaol into a playground for the children of that crowded locality.

Full particulars of the various branches of work that have been taken up during the year are published in the Report, to be obtained of the Secretary, 83, Lancaster Gate, W. To enable this most useful work to be successfully carried on increased funds are much needed.

## SMOKE ABATEMENT.

The work of the National Smoke Abatement Institution has been carried on steadily during the past year. The practical testing of new apparatus has been continued. Examination into the working of the Smoke Act has been made. A report on these subjects, and on the general progress of the movement, was submitted at a public meeting very largely and influentially attended at the Mansion House on 16th July; the Lord Mayor presiding. Resolutions in support of the movement were proposed by his Grace the Duke of Westminster, his Grace the Duke of Northumberland, and supported by the late Sir William Siemens, Sir Frederick Abel, George Shaw, Esq., Chairman of Commissioners of Sewers, T. C. Horsfall, Esq., of Manchester, and others. Various public meetings and lectures on the subject of Smoke Abatement have extended the movement in the provincial centres. The Council of the Institution have found appliances for the prevention of smoke which have been successfully introduced in a large number of heating operations, domestic and industrial. The Council have been requested to urge upon the Government the desirability of appointing a Royal Commission to hold public inquiry into the subject of smoke abatement, and steps are being taken in the matter, as it is believed the evidence gathered by such official inquiry would be of great value—

First, by showing the merits and defects of the existing Acts;



Second, by demonstrating how far it may be possible to define, extend, and enforce the powers of the various public bodies to whom the carrying out of the legislative enactments is entrusted;

Third, by authoritatively determining what action should be taken in view of the needs of special districts; and—

Fourth, by clearly indicating what remedies are afforded by the present resources of scientific research and invention for preventing the evolution of smoke from all classes of industrial works, and from private dwellings.

Information and terms of membership can be obtained at 44, Berners Street, or Parkes Museum, 74, Margaret Street, W.

### CHOLERA MEETING.

During the outbreak of cholera in Egypt, and when it was feared that this dreadful epidemic might reach London, the Committee of the National Health Society called a large meeting at the Parkes Museum, when Mr. Ernest Hart delivered an address on "Prevention of Cholera and Diarrhoea." Sir Joseph Fayrer, K.C.S.I., presided, and most of the most eminent authorities on the subject were present, and took part in the discussion afterwards. A paper on "Prevention of Cholera" was drawn up, revised by Sir Joseph Fayrer, and distributed.

### MEETING AT GROSVENOR HOUSE.

On May 9th a large meeting of the Society was called at Grosvenor House, by kind permission of the Duke of Westminster, who, as President of the Society, took the chair on the occasion, and opened the meeting with an address. The large rooms at Grosvenor House were filled to overflowing by members of the Society and their friends.

Mr. Ernest Hart (Chairman of Council) next addressed

the meeting, and explained the objects of the National Health Society, and the work it had done and hoped to do in the future.

The meeting was afterwards addressed, and resolutions moved, by Sir Rutherford Alcock, K.C.B., Prof. De Chaumont, F.R.S., and Rev. Newton Price. Sir Frederick Pollock, Bart., Dr. Thorne Thorne, Frederick Treves, Esq., F.R.C.S., the Lord Brabazon, Rev. Harry Jones (Prebendary of St. Paul's), Dr. Farquharson, M.P., Dr. Samuel Wilks, F.R.S., Mr. George Shaw (late Master of Plumbers' Company), Mr. Ernest Turner, and Sir Spencer Wells, Bart. A printed summary of the speeches can be had at the offices of the Society.

#### NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.

The National Health Society's Prizes for "Laws of Health" and Domestic Economy were last year awarded to—

Miss L. A. Benger, First Prize. Cassell's "Household Guide."

Miss M. A. Hanbidge, Second Prize. Cassell's "Domestic Dictionary;" and Huxley's "Physiology." (Two books each.)

Miss C. E. Strachan, Third Prize. Same books as Second Prize.

Miss E. G. Stoneman, Fourth Prize. Cassell's "Domestic Dictionary."

#### BOARD SCHOOLS, LONDON.

Four hundred and fourteen girls came up for examination from twenty-one schools. The result of the examination was found to be so unsatisfactory, and the method of teaching so imperfect, that the Committee have deemed it

necessary to urge upon the Board the importance of employing special teachers for "Laws of Health and Domestic Economy," as at Leeds, and encouraging the use of pictures and models to illustrate the teaching, and to make the instruction bear upon subjects likely to be useful to the children in their everyday lives. Especially is it thought important that girls, the future mistresses of households, and mothers of children, should be made practically acquainted with the great laws of health—the proper preparation of food; the necessary sanitary condition of a household. For Examiner's Report and Questions, see Appendix.

### LIVERPOOL SCHOOL BOARD.

There were seventy-two candidates from thirteen schools. Of the candidates examined thirty-eight passed. For Examiners' report see Appendix.

### SEATS IN BERMONDSEY.

Six seats have been given to a disused churchyard in Bermondsey, where they are greatly appreciated.

### PARKES MUSEUM.

A Committee having been appointed by the Council of the Parkes Museum to organize classes and lectures on Hygiene for teachers and others, in connection with the Science and Art Department, the National Health Society have been asked to co-operate with them, and several members of the Executive Committee are on the special Committee for this purpose.

## SANITARY AID AND DWELLINGS COMMITTEES.

Anxious to assist in the good work originated by the Sanitary Aid Committees, the National Health Society offered to lend their rooms for the purpose of the meetings of the Marylebone Branch, and have had a sanitary guide book drawn up by G. F. Chambers, Esq., barrister-at-law, for the use of sanitary aid and district visitors, explaining the sanitary laws, landlord and tenant law, law of nuisances, etc., price 3d. and 6d.

## STALL AT EXHIBITION.

The National Health Society have been granted a stall for the exhibition of publications, etc., at the forthcoming International Health Exhibition at Kensington.

Miss Chreiman will give a demonstration of gymnastic exercises by ladies on March 5th, at the Town Hall, Kensington, under the Presidency of the Council of the National Health Society; members of the Society and their friends only admitted.

## LITERARY SUB-COMMITTEE.

A Literary Sub-committee for the purpose of keeping the publications of the Society, pamphlets and leaflets, up to the present time in all points, has been appointed.



## CONFERENCE ON SCHOOL HYGIENE.

A special committee of the National Health Society has been appointed to organize a Conference on "School Hygiene," during the International Exhibition.

ERNEST HART, Esq., M.R.C.S.  
(*Chairman*).

SURGEON-MAJOR EVATT,  
Woolwich.

Sir FREDERICK POLLOCK, Bart.

Prof. F. de CHAUMONT, F.R.S.

E. N. BUXTON, Esq. (*Chairman*), L.S.B.

JAMES HEYWOOD, Esq., F.R.S.

Dr. RALFE.

Prof. CLIFFORD ALLBUTT.

NOBLE SMITH, Esq., F.R.C.S.E.

ALDER SMITH, Esq., M.B.,  
F.R.C.S.

Dr. FARQUHARSON, M.P.

Rev. HARRY JONES, Preben-  
dary of St. Paul's.

PRIDGIN TEALE, Esq., F.R.C.S.

Lady BORTHWICK.

Mrs. BUCKTON.

Mrs. LAWRENCE CAVE.

Mrs. PRIESTLEY.

It is hoped that the Conference will take place about the middle of July, and will last for a week.

The Conference will deal with all subjects relating to "Health in Schools," and the Committee invite all those interested in the subject, who are willing to read papers, or to take part in the Conference, to communicate with the Secretary.

Papers on subjects of School Hygiene have already been promised by eminent authorities.

## BOARDING OUT LONDON CHILDREN.

Through the kindness of Mrs. Harry Samuel—who undertook to find country homes for London children, where they could be lodged and boarded for 5s. a week,

and where she herself could superintend, and see that they were well looked after—many little East End children have this year been benefited by a fortnight or three weeks of fresh air and country life.

### SANITARY GUIDE BOOK.

A guide to the sanitary laws, law between tenant and landlord, etc., etc., with a list of M.O.H. and sanitary inspectors for each metropolitan district; list of fever and small-pox hospitals, and ambulance stations, public disinfecting ovens, etc., has been drawn up, and is sold for the use of district visitors, sanitary aid visitors and others, 3d. and 6d.

### MEMBERSHIP.

It would be esteemed a great favour if Members would kindly pay their subscriptions in the *early part of the year*, either through their own bankers to the account of the National Health Society, at the London and Westminster Bank, 214, High Holborn, London, or by sending them to the Secretary, 44, Berners Street.

Any Member deciding to pay his subscription through his banker is requested to inform the Secretary of the National Health Society of the fact, that no further application for payment of subscriptions may be made.

The Secretary is glad to be able to state that 100 new Members have been added to the Society during the year.

# NATIONAL HEALTH SOCIETY.

CASH STATEMENT for the year ending December 31st, 1883.

Cr.

Dr.

	£	s.	d.	£	s.	d.
To Balance from last account ...	124	5	11	By Rent, Attendance, and Office Expenses	122	0 4
" Subscriptions and Donations ...	309	17	0	" Secretary's Salary ...	75	0 0
" Special Donation ...	20	0	0	" Commission ...	33	13 8
" Donation for Swimming Prize ...	0	10	0	" Office Alterations and Furniture ...	19	9 4
" Proceeds of:				" Prizes for Swimming ...	2	12 0
Lectures ...	26	8	3	" Printing ...	40	11 0
Sale of Papers, etc. ...	13	0	0	" Stationery ...	19	17 6
Amount received for use of Office ...	55	0	0	" Postage and Telegrams ...	40	19 0
" Dividends:				" Expenses of Lectures, and Lecturers' Travelling Expenses ...	134	19 6
Portuguese Stock, one year ...	11	13	6	" Preliminary Expenses of Exhibition	18	5 8
Canadian Bonds ...	4	9	3	" Publications, Books and Diagrams	10	10 9
Consols ...	3	0	0	" Advertising ...	15	7 0
	£568	3	11	" Clerk's Assistance in Office ...	23	6 5
				" Balance in hand ...	11	11 9
					£568	3 11
CAPITAL ACCOUNT.				HENRY WALDEMAR LAWRENCE, { Hon. Treasurer.		
Investments:				Examined and found correct,		
Three per cent. Consols ...	100	0	0	FREDERICK POPE, Hon. Auditor, 7th February, 1884.		
Canadian Bonds ...	100	0	0			
Portuguese Stock ...	200	0	0			
	£400	0	0			

# LIST OF MEMBERS, SUBSCRIBERS, AND DONORS.

## LIFE MEMBERS.

Blackwell, Dr. Elizabeth	Noailles, Countess de
Brabazon, Lord	Northwick, Right Hon. Lord
Challinor, J., Esq.	Pilkington, Miss
Cloth Workers, The Wor-	Pipe, Miss
shipful Company of	Power, Henry, Esq.
Coutts and Co., Messrs.	Priestly, Mrs.
Derby, Earl of	Ralli, Mrs. Stephen
Domville, Miss Louisa E.	Reid, Peter, Esq.
Dowson, P. S., Esq.	Robinson, Lady Winifred
Dunville, Mrs. W.	Robinson, George, Esq.
Ewart, Miss	Robinson, Mrs. George
Forde, Henry, Esq.	Rushout, Hon. Miss
Goldsmid, Miss Flora	Smith, Miss Leigh
Goldsmid, Miss Isabel	Thomasson, Mrs. John
Henderson, Mrs. Mercer	Thorley, Rev. J. J.
Hellyer, S. Stevens, Esq.	Treves, Fredk., Esq., F.R.C.S.
Heywood, James, Esq.	Venning, Miss Rosamond
Lady, A	Wackerbath, Miss
Masson, Miss Dunbar	Webb, Miss
Marten, Miss	Wilks, Dr. Samuel, F.R.S.
Nation, W. H. C., Esq.	Yates, Miss

			£	s.	d.
Alcock, Sir Rutherford, K.C.B.	...	...	...	1	1 0
Aldridge, Miss	...	...	...	1	1 0
Alexander, Mrs. W. C.	...	...	...	1	1 0
Anderson, Dr.	...	...	...	1	1 0
Anderson, C. Wright, Esq.	...	...	...	1	1 0
Anstie, A., Esq.	...	...	...	2	2 0
Australian Wine Company	...	...	...	1	1 0
Baines, Mrs. M. A.	...	...	...	1	1 0
Baker, Miss	...	...	...	1	1 0
Bale, Mr.	...	...	...	1	1 0
Bale, H. J., Esq.	...	...	...	1	1 0
Barnes, Fancourt, Esq., M.D.	...	...	...	1	1 0
Barnet, Mrs. George	...	...	...	1	1 0
Bauer, Mrs.	...	...	...	1	1 0
Baxter, Mrs.	...	...	...	1	1 0
Beck, Mrs.	...	...	...	0	10 0



				£	s.	d.
Bell, Rev. W. ...	...	...	...	1	1	0
Bentall, Miss ...	...	...	...	1	1	0
Bird, Miss Lucy	...	...	...	0	5	0
Borthwick, Lady	...	...	...	1	1	0
Bowden, Mr.	...	...	...	0	10	6
Boyes, J. F., Esq.	...	...	...	1	1	0
Boyle, Miss A. L.	...	...	...	1	0	0
Boyle, Robert, Esq.	...	...	...	1	1	0
Brecks, Mrs. S. M.	...	...	...	1	1	0
Brett, Mrs. (Don.)	...	...	...	1	1	0
Bridges, Dr. (Don.)	...	...	...	1	0	0
Bright, Mrs. ...	...	...	...	1	1	0
Brindle, Thos., Esq.	...	...	...	1	1	0
Brown, W. S., Esq.	...	...	...	1	1	0
Brown and Green, Messrs.	...	...	...	1	0	0
Buchanan, Geo., Esq.	...	...	...	1	1	0
Buckton, Mrs. ...	...	...	...	1	0	0
Burdett, Henry C., Esq.	...	...	...	1	1	0
Busch, A. P., Esq.	...	...	...	1	0	0
Buss, Miss ...	...	...	...	1	1	0
Butterworth, Mrs.	...	...	...	1	1	0
Caine, W. S., Esq., M.P.	...	...	...	1	1	0
Carlisle, Mrs.	...	...	...	1	1	0
Carr, Henry, Esq.	...	...	...	1	1	0
Cave, Mrs. Lawrence	...	...	...	2	2	0
Chaplin, Mrs. ...	...	...	...	1	1	0
Chappell, Arthur, Esq.	...	...	...	1	1	0
Chappell, Thomas, Esq.	...	...	...	1	1	0
Chaumont, Prof. de	...	...	...	1	1	0
Churchill, Lord Alfred	...	...	...	1	1	0
Cohen, Mrs. ...	...	...	...	1	1	0
Coles, W. R. C., Esq.	...	...	...	1	1	0
Conolly, H., Esq.	...	...	...	1	1	0
Constantine, Messrs., and Son	...	...	...	1	1	0
Cortauld, Mrs. Sydney	...	...	...	0	10	0
Cotton, General F.	...	...	...	1	1	0
Crawford, Miss	...	...	...	1	1	0
Cunliffe, Miss ...	...	...	...	1	1	0
Cust, Lady Elizabeth	...	...	...	1	1	0
Davis and Co., Messrs.	...	...	...	0	10	0
Debenham, F., Esq.	...	...	...	1	1	0
Denman and Co., Messrs.	...	...	...	1	1	0
Domville, Mr. and Mrs. W. H.	...	...	...	2	2	0
Dowie and Marshall, Messrs.	...	...	...	1	1	0
Down, Dr. Langdon	...	...	...	1	1	0
Dunmachie, Miss M. W.	...	...	...	1	1	0
Eassie, W., Esq.	...	...	...	1	1	0
Edge, Mrs. W.	...	...	...	1	1	0
Enfield, Richard, Esq.	...	...	...	1	1	0
Erichsen, John Eric, Esq.	...	...	...	1	1	0
Eve, Richard, Esq.	...	...	...	1	1	0

				£	s.	d.
Farquharson, Dr. R., M.P....	...	...	...	1	1	0
Field, Rogers, Esq. ....	...	...	...	1	1	0
Flower, Professor, F.R.S. ...	...	...	...	1	1	0
Forster, A., Esq. ....	...	...	...	1	1	0
Fraser, A., Esq. ....	...	...	...	1	1	0
Fry, Mrs. ....	...	...	...	2	2	0
Fuller, S. D., Esq. ....	...	...	...	1	1	0
Gell, P. L., Esq. ....	...	...	...	1	1	0
Gladstone, Miss I. M. ....	...	...	...	1	1	0
Godwin, George, Esq. ....	...	...	...	1	1	0
Good, Dr. ....	...	...	...	1	1	0
Goodman, Mrs. J. W. ....	...	...	...	1	1	0
Grant, Mr. Alexander ....	...	...	...	1	1	0
Greaves, Mrs. ....	...	...	...	1	1	0
Guest, Miss ....	...	...	...	1	0	0
Hale, W. H., Esq. ....	...	...	...	1	0	0
Hall, Mr. ....	...	...	...	1	1	0
Hallowes, Miss ....	...	...	...	1	0	0
Hallowes, Miss Kate ....	...	...	...	1	0	0
Hamilton, Major ....	...	...	...	1	1	0
Hammond, Mrs. Mark ....	...	...	...	1	1	0
Hancock, Mrs....	...	...	...	1	1	0
Harberton, Viscountess ....	...	...	...	1	1	0
Harding, Percy, Esq. ....	...	...	...	0	10	0
Hare, Thomas, Esq. ....	...	...	...	1	0	0
Harrison, Dr. C. ....	...	...	...	1	1	0
Hart, Ernest, Esq. ....	...	...	...	5	5	0
Haslam, Miss Rosa ....	...	...	...	1	1	0
Head, Mrs. ....	...	...	...	1	1	0
Healey, Alfred, Esq. ....	...	...	...	1	1	0
Hellyer, S. Stevens, Esq. ....	...	...	...	1	1	0
Henniker, Hon. Miss ....	...	...	...	1	1	0
Henriques, Alfred, Esq. ....	...	...	...	1	1	0
Herringham, Mrs. ....	...	...	...	1	1	0
Heywood, James, Esq. ....	...	...	...	2	2	0
Hills, Thos. Hyde, Esq. ....	...	...	...	1	1	0
Hodgkin, Mrs....	...	...	...	1	1	0
Hogg, Lady Stewart ....	...	...	...	1	1	0
Holland, Mrs. Charles ....	...	...	...	1	1	0
Hollond, Mrs. ....	...	...	...	1	1	0
Humphrey, Mr. ....	...	...	...	1	1	0
Innes and Barton, Messrs ...	...	...	...	1	1	0
Jarvis, Miss ....	...	...	...	1	1	0
Jeffrey and Co., Messrs. ....	...	...	...	1	1	0
Jennings, Richard, Esq. ....	...	...	...	1	0	0
Johnstone, Miss ....	...	...	...	1	1	0
Jones, Lieut.-Col. ....	...	...	...	1	1	0
Jones, Rev. Harry ....	...	...	...	1	1	0
Joshua, Mrs. ....	...	...	...	1	0	0

				£	s.	d.
Keen, Albert, Esq.	...	...	...	...	1	1 0
Kemp, Mrs.	...	...	...	...	1	1 0
King, Messrs. and Co.	...	...	...	...	1	1 0
Knight, John R., Esq.	...	...	...	...	2	0 0
Lanyon, Lady	...	...	...	...	1	1 0
Lawrence, H. W., Esq.	...	...	...	...	1	1 0
Lawrence, Mrs. H. W.	...	...	...	...	1	1 0
Lawrence and Co., Messrs.	...	...	...	...	2	2 0
Leon, Mrs.	...	...	...	...	1	1 0
Levy, Miss Matilda	...	...	...	...	1	1 0
Lewis, Mrs. George	...	...	...	...	1	1 0
Liddell, Mrs.	...	...	...	...	1	1 0
Louise, H.R.H. Princess	...	...	...	...	2	2 0
Loveday, George, Esq.	...	...	...	...	1	1 0
Löwy, Rev. A.	...	...	...	...	1	1 0
MacDougall, James, Esq.	...	...	...	...	1	1 0
MacLaren, Mrs. Charles	...	...	...	...	1	1 0
MacMullin, Miss	...	...	...	...	1	1 0
Macnaught, Rev. John	...	...	...	...	1	0 0
MacSorley, Rev. Hugh	...	...	...	...	1	1 0
Maidlow, John, Esq.	...	...	...	...	2	2 0
Maignen, Mr.	...	...	...	...	1	1 0
Mallett, Mrs.	...	...	...	...	1	1 0
Markby, Alfred, Esq.	...	...	...	...	1	1 0
Marsden, M. E., Esq.	...	...	...	...	0	10 6
Marshall, Mr. Henry	...	...	...	...	1	1 0
Martineau, Misses	...	...	...	...	1	1 0
Martineau, Miss Gertrude	...	...	...	...	0	10 0
Martineau, Miss M.	...	...	...	...	1	1 0
Masson, Mrs.	...	...	...	...	1	1 0
Matthews, Charles, Esq.	...	...	...	...	2	2 0
Maxse, Vice-Admiral	...	...	...	...	1	1 0
Meyerstein, Mrs.	...	...	...	...	1	1 0
Michael, W. H., Esq., Q.C.	...	...	...	...	1	0 0
Miles, Miss	...	...	...	...	1	1 0
Mineard, G. J., Esq.	...	...	...	...	1	1 0
Mitchell, Charles, Esq.	...	...	...	...	1	1 0
Mocatta, F. D., Esq. (Don.)	...	...	...	...	3	3 0
Moncrieff, W. D. Scott, Esq.	...	...	...	...	1	1 0
Morrish, Mrs. Buxton	...	...	...	...	1	1 0
Mullen, Mrs. W. P.	...	...	...	...	1	1 0
Neate, Mrs. F.	...	...	...	...	1	1 0
Nettlefold, Mrs.	...	...	...	...	1	1 0
Nixon, Brinsley, Esq. (Don.)	...	...	...	...	1	1 0
Noble, John, Esq.	...	...	...	...	1	1 0
Odgers, Blake, Esq.	...	...	...	...	1	1 0
Odgers, Rev. W. J.	...	...	...	...	1	1 0
Ord, Mrs.	...	...	...	...	1	1 0
Pagliardini, Mons.	...	...	...	...	1	1 0
Parsons, Dr. F.	...	...	...	...	1	1 0
Pearce, Mrs.	...	...	...	...	2	0 0

				£	s.	d.
Pears and Sons, Messrs. ...	...	...	...	1	1	0
Pease, Mrs. Arthur ...	...	...	...	1	1	0
Pease, Mrs. Gurney ...	...	...	...	1	1	0
Penington, Mrs. ...	...	...	...	2	0	0
Pepys, Lady Emily ...	...	...	...	0	5	0
Phillips, Miss ...	...	...	...	1	0	0
Phillips, W., Esq. ...	...	...	...	1	1	0
Pocock Brothers, Messrs. ...	...	...	...	1	1	0
Pollock, Sir Frederick, Bart. ...	...	...	...	1	1	0
Pollock, Mrs. Frederick (Don.) ...	...	...	...	0	10	0
Pope, Samuel, Esq., Q.C. ...	...	...	...	2	2	0
Powell, Francis, Esq. ...	...	...	...	1	1	0
Power, Sir Alfred ...	...	...	...	1	1	0
Price, Miss (Don.) ...	...	...	...	0	10	0
Raphael, Mrs. ...	...	...	...	1	1	0
Raphael, Alfred, Esq. ...	...	...	...	1	1	0
Ridley, Miss ...	...	...	...	0	10	6
Robinson, Miss ...	...	...	...	1	1	0
Roberts, Dr. Arthur ...	...	...	...	1	1	0
Roberts, C., Esq., F.R.C.S. ...	...	...	...	1	1	0
Roget, Miss ...	...	...	...	1	1	0
Romanes, Mrs. ...	...	...	...	1	1	0
Ross, Dr. ...	...	...	...	1	1	0
Rubenstein, Madame ...	...	...	...	1	1	0
Russell, Lady Agatha ...	...	...	...	1	1	0
Russell, Miss ...	...	...	...	1	1	0
Salmon, S., Esq. ...	...	...	...	1	1	0
Salmon, S., Esq. (Don.) ...	...	...	...	1	1	0
Samuel, Mrs. Harry ...	...	...	...	1	1	0
Sanderson, Mrs. Burdon ...	...	...	...	1	1	0
Sargent, Mrs. ...	...	...	...	1	1	0
Saunders, Mrs. G. F. ...	...	...	...	1	1	0
Schwann, W., Esq. ...	...	...	...	1	1	0
Scott, Mrs. E. ...	...	...	...	1	1	0
Scott, Lady Henry ...	...	...	...	1	0	0
Selborne, Countess ...	...	...	...	1	1	0
Shaen, W., Esq. ...	...	...	...	1	1	0
Sharpe, Miss ...	...	...	...	0	10	0
Slater, John, Esq. ...	...	...	...	1	1	0
Smith, James, Esq. ...	...	...	...	2	2	0
Smith, E. Noble, Esq. ...	...	...	...	1	1	0
Snell, W. Saxon, Esq. ...	...	...	...	1	1	0
Spencer, Mr. Geo. ...	...	...	...	1	1	0
Spongy Iron Filter Co. ...	...	...	...	1	1	0
Stanley, Lady, of Alderley... ..	...	...	...	1	1	0
Startin, James, Esq. ...	...	...	...	1	1	0
Steele, Dr. ...	...	...	...	1	1	0
Steele, Mrs. Hannah ...	...	...	...	1	1	0
Stewart, Mrs. Shaw ...	...	...	...	1	1	0
Storr, Mrs. ...	...	...	...	1	1	0
Stott and Co., Messrs. ...	...	...	...	0	10	0
Street and Co., Messrs. ...	...	...	...	1	1	0
Swanwick, Miss Anna ...	...	...	...	1	1	0



				£	s.	d.
Swanwick, Eustace, Esq. ...	...	...	...	1	1	0
Sykes, Madame ...	...	...	...	1	1	0
Talbot, Miss ...	...	...	...	1	1	0
Taylor, Mrs. Thomas ...	...	...	...	1	1	0
Taylor, Whateley Cooke, Esq. ...	...	...	...	1	1	0
Tennant, Mrs. ...	...	...	...	0	10	6
Thorne, Dr. Thorne ...	...	...	...	1	1	0
Thornley, Rev. J. J. ...	...	...	...	10	10	0
Tolmé, Mrs. ...	...	...	...	2	0	0
Trevelyan, Sir Chas., Bart. ...	...	...	...	1	0	0
Turner, Mrs. ...	...	...	...	1	1	0
Turner, Ernest, Esq. ...	...	...	...	1	1	0
Twining, Thomas, Esq. ...	...	...	...	1	1	0
Vacher, A., Esq. ...	...	...	...	1	1	0
Valentine, C. J., Esq. ...	...	...	...	1	1	0
Waterman and Co., Messrs. ...	...	...	...	1	1	0
Watson, Mrs. ...	...	...	...	1	1	0
Welch, Mrs. Kemp ...	...	...	...	1	1	0
Wells, Lady Spencer ...	...	...	...	1	1	0
Wentworth, Mr. ...	...	...	...	1	1	0
Westminster, Duke of ...	...	...	...	3	0	0
Wharnccliffe, Countess ...	...	...	...	1	1	0
White, A. F., Esq. (Don.) ...	...	...	...	1	1	0
White, Mrs. F. A. ...	...	...	...	1	0	0
White, Mrs. William ...	...	...	...	1	1	0
Whitwell, Mark, Esq. ...	...	...	...	1	1	0
Williams, Miss ...	...	...	...	2	2	0
Williams, Dr. Dawson ...	...	...	...	1	1	0
Wills, Mrs. ...	...	...	...	1	0	0
Willyams, Mrs. Brydges ...	...	...	...	1	1	0
Winkworth, Mrs. ...	...	...	...	1	0	0
Wise, Mr. John ...	...	...	...	1	1	0
Wolff, Captain, M.P. ...	...	...	...	1	1	0
Woodall, W., Esq., M.P. ...	...	...	...	1	1	0
Woollams and Son, Messrs. ...	...	...	...	1	1	0
Worthington, R. B., Esq. ...	...	...	...	1	1	0
Wyman and Sons, Messrs. ...	...	...	...	1	1	0
Wyld, Dr. ...	...	...	...	1	1	0
Wynne, Miss F. E. (Don.) ...	...	...	...	1	0	0
Yates, Rev. Thompson ...	...	...	...	1	1	0

## APPENDIX.

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### SCHOOL BOARD FOR LONDON.

*School Management Department.*

#### REPORT ON THE EXAMINATION OF GIRLS IN PHYSIOLOGY FOR PRIZES OFFERED BY THE NATIONAL HEALTH SOCIETY.

TO THE CHAIRMAN OF THE SCHOOL MANAGEMENT COMMITTEE.

SIR,

I beg to present to you my report on the recent examination of girls in Physiology, held for the special purpose of awarding prizes offered by the National Health Society.

The following questions were set:—

1. Name all the organs that are in the thorax. What evils are likely to arise from wearing tight stiff stays?
2. Of what does bone consist? Why are aged persons more liable than young children to break their bones by falling?
3. What is the composition of fresh air? Why is it necessary to good health that the air breathed should be pure?
4. Write a description of the stomach. What are the ill-effects of improper, or over-feeding?
5. From what source does the body derive its warmth? Why do we feel warmer when taking exercise or performing hard work?
6. Give an account of the structure of the heart or lungs.
7. What is perspiration? How is it carried on? Why is it necessary to health? What are the effects of a sudden chill?
8. Why are physical drill and gymnastic exercises healthful?
9. What impurities are we likely to find in the water supplied to our houses? How may they be detected and removed?

Some notion of the general character of the written answers may be formed from an inspection of the following table of results:—

Schools.	No. of Competitors in Standard.		No. who gained different percentages of maximum marks.				Average No. of marks gained by each child. (Max. = 84.)
	V.	VI. & Ex. VI.	Under 25 p.c.	Between 25 & 50 p.c.	Between 50 & 75 p.c.	Over 75 p.c.	
Caledonian Road .	7	26	7	18	7	1	32
Duncombe Road .	4	1	3	2	...	...	18
Great Queen Street .	8	5	13	...	...	...	12
Poole's Park .	3	11	2	11	1	...	30
York Road .	13	10	3	18	2	...	32
Edward Street .	18	6	16	8	...	...	18
Tanner's Hill .	16	3	11	8	...	...	17
Vicarage Road .	...	22	16	6	...	...	17
Rushmore Road .	...	2	2	...	...	...	14
Bellenden Road .	10	13	1	11	10	1	41
Credon Road .	...	2	...	...	2	...	46
Flint Street .	...	2	...	2	...	...	32
Jessop Road .	5	15	15	5	...	...	16
Leipsic Road .	...	13	7	6	...	...	20
Penrose Street .	14	13	20	7	...	...	17
Salter's Hill .	15	6	19	2	...	...	15
Stockwell Road .	9	9	6	12	...	...	24
Wood's Road .	8	16	6	17	1	...	26
Medburn Street .	10	41	15	25	11	...	31
Roll's Road .	6	7	5	6	2	...	28
Thomas Street .	...	45	1	19	20	5	45
Totals .	146	268	168	183	56	7	
		or	41 p.c.	44 p.c.	15 p.c.		

The results of the examination as a whole indicate a rather meagre knowledge of the subject. Eighty-five per cent. of the children failed to earn half the number of marks, and only seven papers were entitled to at least three-fourths. Great allowance must, however, be made on account of the Standard V. girls, who formed rather more than one-third of the total number of competitors. It will probably be found that the majority of the Standard V. girls had been under instruction in physiology too short a time—dating from the last Government Examination of their school—to enable them to do credit to themselves in a written examination. Their chances of successfully competing with higher standard children were extremely small; yet as their attendance at the examination was compulsory, they were hastily crammed with facts and explanations which they could not possibly remember or understand. The child who wrote that there were “two arrows in the body, one running up and the other running down,” and that other child who stated that “one side of the heart is shaded, to show the unclean blood . . . the other is not shaded,”

only expressed the ideas they had formed from a hurried glance at an imperfectly explained diagram. I do not remember ever having examined papers more full of crude and absurd statements than those from Edward Street, Tanner's Hill, Jessop Road, Penrose Street, and Salter's Hill Schools—I might add the Standard VI. papers from Vicarage Road and Leipsic Road—and I would strongly urge that in future examinations only those children should be compelled to compete who have had at least a full year's instruction in physiology.

If the practice of previous years were strictly adhered to, only seven scholars would be entitled to prizes, viz., those who gained at least three-fourths of the maximum of marks. There are, however, four others whose papers fall below this limit, but are of such general excellence that I have ventured to include their names in the list of prize-winners.

With regard to the prizes themselves, I would strongly recommend that they should take the form of books or other articles of value, instead of money, as hitherto.

The papers from Thomas Street deserve special mention for their general accuracy in regard to facts, their clear explanations, and their carefully drawn diagrams. I do not forget that the majority of the girls were in Standard VII. The Bellenden Road papers, too, deserve mention, as next to Thomas Street in order of merit.

In commenting on the quality of the answers as a whole, I wish not so much to reproduce the curious and often highly amusing blunders of expression and of fact which pervade many of the papers—they would add pages to this report—as to draw attention to blemishes and errors which, from their frequency, seem to indicate weak points in the methods of teaching.

In the first place, I mention faults of composition, which were so numerous in the papers from certain schools that I am sure the importance of accustoming the children to express their thoughts in clear language has been overlooked. I give one example verbatim—it is perhaps one of the worst, but is approached by very many others. In reply to the second part of question 4, the writer says:—"It is too much food be we give the digestive organs too much work and when we want them to digest some more food because they are too tired or perhaps not finished digest the other food." The child had the correct knowledge, but could not express it. Next, I refer to errors of precision in the use of terms. There is no point of more importance to be constantly borne in mind by the teacher of any science than the strict and accurate limitation of terms; otherwise the pupils' ideas are too vague to constitute real knowledge. In these papers, over and over again, "structure" and "composition" are confounded with "functions"—e.g., "the structure of the heart is to circulate the blood;" "the composition of fresh air is to purify the blood." Many children appear to regard "stomach" as identical with "abdomen"; hence the frequent statement that "the stomach contains all the organs of digestion, liver, gall-bladder, pancreas, kidneys, and intestines." Closely connected with this class of errors is the use of vague and exaggerated language, which is made to do duty for correct information. The answers to the second part of questions 1, 3, 4, 7 abound in such expressions as "all sorts of diseases," "a serious illness," "a dreadful illness," "frightful illness," "dreadful but fatal diseases." Another very common error consists in begging the question. In answering question 3, "Why is it necessary to good health that the air breathed should be pure?" very many of the girls contented themselves with saying, "Because if it were not pure it would bring on diseases." In reply to question 5, second part, the answer takes the form of a statement that "hard work makes us warmer," although many make



a nearer approach to correctness by stating that "exercise and work make the blood circulate faster." Perspiration is stated to be necessary to health, because if it did not take place "we should have an illness."

In pointing out these errors I do not wish it to be supposed that there were no really good papers. The table of results given above is proof of the excellent quality of some of the work, and I could reproduce answers that would do credit to much more experienced students of physiology than the girls in our schools. My object has been rather to aid the teachers, by indicating how in future examinations many errors may be avoided.

I cannot leave the subject without expressing my conviction that the study of physiology should be preceded by the study of elementary chemistry. A course of experimental lessons in chemistry should be given to Standard V., and physiology should be taken up in Standard VI.

I have the honour to be, Sir,

Your obedient Servant,

JOHN NOBLE.

## SCHOOL BOARD FOR LIVERPOOL.

### REPORT OF THE BOARD'S INSPECTORS AND THE BOARD'S SCIENCE DEMONSTRATOR ON THE ANIMAL PHYSIOLOGY EXAMINATION.

HELD ON SATURDAY, 15TH DECEMBER, 1883.

MISS DAVIES AND GENTLEMEN,

It occupied four hours and consisted of three oral questions, and three compulsory questions, and six optional ones, to be answered in writing. There were examined seventy-two candidates from thirteen schools. Six of the candidates, however, are found to be ineligible, according to the conditions of examination, being over fourteen years of age. Of the candidates examined, thirty-eight passed the examination, three being girls, who were ineligible. Their names are set out in Table I., in order of merit. The first eighteen are recommended for prizes as therein set forth.

In Table II. the schools are arranged in order of merit as decided by the work of those girls only who are eligible. It will be seen that all the candidates from Queen's Road School, Butler Street School, and Granby Street School, have passed the examination. The work of the candidates from these schools is very creditable, especially of those from Queen's Road School, which is uniformly good. The same may be said of the work of the girls from the Ashfield Street School, but unfortunately half of them are ineligible. Chatsworth Street, Walton Lane, and William Henry Street Schools, have succeeded fairly well; but Stanley Road and Beaufort Street Schools have only done moderately well, except one girl from the latter school, who has done some fairly good work. All the foregoing schools appear to have worked diligently and sensibly at the subject, and a large amount of useful information has been very intelligently acquired by their scholars. The superior general intelligence and ability of the girls of the Queen's Road School, and of one or two individuals

from other schools, is very marked. Indeed, the work of the first six girls deserves great praise. The teacher's prize falls to Miss Cowan, Queen's Road School.

No girl from the North Corporation, the Roscommon Street, the Harrington, or the Pleasant Street Schools, has succeeded in obtaining half the marks—the number required to pass—and many of the girls had not the slightest chance of passing, and ought not to have been presented. The girls from the North Corporation School have usually been distinguished in the Animal Physiology Examinations, but probably the unsettlement caused by the change of head mistresses during the year has interfered with their success. The girls from the last three named schools lack the general training required to enable them to do well in this examination. Except in their cases the papers are, as a rule, well written, sensibly and correctly expressed, and free from errors in spelling.

\* \* \* \* \*

The general impression left by the examination is that the teaching of Animal Physiology has, on the whole—except in the four last schools—been as well done as in previous years, but that the children are in many cases younger and less able to deal with the subject than the girls of three or four years ago. The children of eleven years of age cannot express themselves clearly and fully; nor have they got much general information to draw upon for ready illustration.

\* \* \* \* \*

(Signed)

EDWIN FOSTER, } Board's Inspectors.  
S. J. YELF, }  
W. HEWITT, Board's Science Instructor.

## ANIMAL PHYSIOLOGY EXAMINATION.

*Afternoon, 1 to 4.*

### INSTRUCTIONS.

1. Write your name (in full), age last birthday, address, and name of school, on the right hand upper corner of your first sheet of paper, and your name on every succeeding sheet.
2. You should answer the *first three* questions *briefly*, but *well*, and then *only six* others out of the remaining *nine*.
3. Write on both sides of your paper.
4. Three hours will be allowed for this paper.

COMPULSORY (*to be answered first by everyone*).

1. For what purpose do we breathe? At what rate do persons usually breathe? Under what circumstances do they breathe faster than usual?

2. Mention several uses of the skin. Of what parts does the skin consist? Why is it very important that the skin should be kept clean?

3. What is meant in physiology by an "organ"? Name six of the most important organs in our bodies, stating briefly the position and function of each.

OPTIONAL (*Six only to be answered*).

4. Name the five senses. What is meant by the sense of touch? Of what use is that sense to us?

5. Of what use are bones in the body? Of what substances are bones composed? Name any two bones you know, and state clearly the position of each.

6. What is the function of clothes? Why are some materials more suitable for clothing than others? In choosing a material, what points would you specially notice?

7. Explain clearly why meat and potatoes are eaten together.

8. Persons sometimes ascribe their bad health to the houses in which they live. Mention some faults of a house to which bad health might be due.

9. Why should young children get as much fresh air and exercise as possible?

10. What are the signs of a person having "taken cold"? How would you treat yourself for a cold?

11. What is the use of muscles? By what other names is the substance of muscles known? To what structures are muscles usually attached, and in what manner?

12. What change takes place in the blood after it is drawn from the body? Explain how this change assists in the healing of small wounds.

ORAL QUESTIONS.

1. How would you hold a very young child that you were asked to nurse? What should you be specially careful about?

2. What is the cause of choking? If one of your playmates were choking what could you do for her?

3. How would you treat a moderately severe scald?

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# NUMBER ONE

AND

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REPORT  
OF THE  
NATIONAL HEALTH SOCIETY,  
1884.

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# REPORT.

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THE Committee of the National Health Society have pleasure in laying before their friends and subscribers the twelfth Annual Report of the Society's work.

The following lectures have been delivered during the past year by the Society's lecturers in town-halls, drawing-rooms, workmen's clubs, mothers' meetings, and Institutes of different kinds, and to classes of boys and girls :

DATE.	LECTURER.	PLACE.
Jan. 3	...Dr. Pope..... "Table Luxuries."	Bermondsey.
" 7	...Miss Bradley ..... "Air and Ventilation."	Mothers' Meeting, St. John's Wood.
" 12	...Dr. Pope..... "Dust and Dirt."	Burslem Town Hall (2nd visit).
" 14	...Miss Bradley ..... "What to Eat."	Kilburn.
" 16	...Dr. Pope..... "Good Food."	Bethnal Green, E.
" 21	...Miss Bradley ..... "Babies."	Kilburn.
" 22	...Miss Anna Marten..... "The Skeleton."	Mothers' Meeting, Spitalfields.
" 28	...Miss Bradley ..... "How to Keep Home Healthy."	Kilburn.



DATE.	LECTURER.	PLACE.
Jan. 28	...Miss Barnett ..... "Health and Disease."	Derby Street Mis- sion, King's Cross.
,, 29	...Miss Anna Marten..... "Circulation of Blood."	Mothers' Meeting, Spitalfields.
Feb. 3	...Miss Anna Marten..... "Respiration."	Mothers' Meeting, Spitalfields.
,, 4	...Miss Bradley ..... "What to Wear."	St. John's Wood.
,, 4	...Miss Barnett ..... "Food and Drink."	Mothers' Meeting, Dean Street, E.
,, 11	...Miss Bradley ..... "How we Breathe."	Kilburn.
,, 12	...Miss Anna Marten..... "Digestion."	Mothers' Meeting, Spitalfields.
,, 12	...Dr. Pope..... "Food."	Battersea.
,, 13	...Miss Barnett ..... "Practical Cookery."	Skelton Street, Drury Lane.
,, 18	...Miss Bradley ..... "The Skin."	Kilburn.
,, 19	...Miss Barnett ..... "How to Make the Best of Life."	New Tabernacle, Old Street, E.C.
,, 19	...Miss Anna Marten..... "Digestion and Food."	Mothers' Meeting, Spitalfields.
,, 25	...Dr. Pope..... "Hidden Enemies."	Bermondsey.
,, 26	...Miss Barnett ..... "Practical Cookery."	Skelton Street, Drury Lane.
,, 26	...Miss Anna Marten..... "Skin and Cleanliness."	Mothers' Meeting, Spitalfields.
,, 27	...Dr. Pope..... "Table Luxuries."	Lavender Hill Workman's Club.
March 4	...Miss Barnett ..... "Practical Cookery."	Skelton Street, Drury Lane.
,, 11	...Miss Barnett ..... "Practical Cookery."	Skelton Street, Drury Lane.
,, 17	...Miss Barnett ..... "Temperance Meeting."	St. Jude's Mission, King's Cross.

DATE.	LECTURER.	PLACE.
March 21	...Miss Bradley ..... "Healthy Homes."	Mothers' Meeting, Croydon Street, Marylebone.
,, 24	...Miss Bradley ..... "First Principles of Health."	St. Mark's (Canon Duckworth).
,, 24	...Miss Barnett ..... "Dangers to Children."	Mothers' Meeting, Chelsea.
,, 25	...Miss Barnett ..... "Health and Disease."	Bermondsey New Road.
,, 28	...Miss Bradley ..... "Babies."	Croydon Street.
,, 31	...Miss Bradley ..... "Good Health."	St. John's, Boston Place.
,, 31	...Miss Barnett ..... "How to Keep the House Healthy."	Mothers' Meeting, Athenæum, Richmond.
April 1	...Miss Barnett ..... "What to Eat and Not to Drink."	Mothers' Meeting, St. Peter's, Southwark.
,, 3	...John Gay, Esq., jun. .... "First Aid to Injured."	Party of Emi- grants, Drury Lane.
,, 4	...Miss Bradley ..... "Babies."	Croydon Street.
,, 7	...Miss Bradley ..... "Healthy Houses."	Portland Town.
,, 15	...Dr. Pope..... "Water."	Battersea.
,, 16	...John Gay, Esq. .... "First Aid to Injured."	Drury Lane.
,, 20	...Miss Barnett ..... "Water Outside and In."	Workmen's Club, Whitechapel.
,, 21	...Miss Bradley ..... "Air and Ventilation."	Boston Place.
,, 22	...John Gay, Esq. .... "What to do till the Doctor Comes."	Drury Lane.
,, 25	...Miss Bradley ..... "How to Keep Home Healthy."	St. Mark's.

DATE.	LECTURER.	PLACE.
April 28	...Miss Bradley ..... "Words to Women."	Portland Town.
" 29	...Dr. Pope..... "Advice Gratis."	Battersea.
May 5	...Miss Bradley ..... "What to Eat."	Portland Town.
" 12	...Dr. Pope..... "What to Eat and What to Drink."	Brighton.
" 12	...Miss Bradley ..... "Our Bodies."	Boston Place.
" 12	...Miss Barnett ..... "Our Bodies."	West Molesey Schools.
" 13	...Dr. Pope..... "Food."	Battersea.
" 19	...Miss Bradley ..... "Principles of Health."	Hamilton Terrace.
" 26	...Miss Bradley ..... "Babies."	Boston Place.
" 26	...Miss Barnett ..... "Health or Disease."	Mothers' Meeting, Whitechapel.
June 4	...Miss Barnett ..... "Food and Drink."	Girl's Friendly So- ciety, Hogarth Road.
" 9	...Miss Bradley ..... "How we Live."	Hamilton Terrace.
July 1	...Miss Barnett ..... "Health or Disease."	Stamford.
" 3	...Miss Barnett ..... "Health or Disease."	Meeting of Hull Sanitary Asso- ciation.
Oct. 9	...Miss Barnett ..... Afternoon: "Clothing." Evening: "Dangers to Chil- dren."	Parish Room, Keswick.
" 10	...Miss Barnett ..... Afternoon: "The Sick Room." Evening: "Air and Warmth."	Parish Room, Keswick.

DATE.		LECTURER.	PLACE.
Oct.	11	...Miss Barnett ..... Afternoon: "Prevention of Fever." Evening: "Water Outside and In."	Parish Room, Keswick.
"	13	...Dr. Pope..... "Healthy Homes."	St. James', Ber- mondsey.
"	13	...Miss Barnett ..... "Ventilation and Warming."	Workington.
"	14	...Miss Barnett ..... "The Water Supply."	Workington.
"	15	...Miss Barnett ..... "Commonsense Clothing."	Workington.
"	16	...Miss Barnett ..... "Food and Drink."	Cockermouth.
"	17	...Miss Barnett ..... "Temperance Meeting."	Workington.
"	20	...Miss Barnett ..... "Food and Drink."	Carlisle.
Nov.	3	...Dr. Pope..... "Ourselves."	South Lambeth.
"	3	...Miss Bradley .....	St. Philip's, Step- ney, E.
"	4	...Miss Barnett ..... "Practical Cookery."	St. Ann's, Stam- ford Hill.
"	5	...Miss Barnett ..... "Thrift."	Girls' Friendly So- ciety, Hogarth Road.
"	7	...Miss Anna Marten..... "Skeleton and Muscles."	Mothers' Meeting, Greenwich.
"	11	...Miss Barnett ..... "Practical Cookery."	St. Ann's, Stam- ford Hill.
"	13	...Dr. Pope..... "Clothing."	Lavender Hill.
"	14	...Miss Anna Marten..... "Circulation of the Blood."	Mothers' Meeting, Greenwich.
"	15	...Miss Bradley .....	St. Philip's, Step- ney.
"	18	...Dr. Pope..... "Table Luxuries."	Clapham Park.

DATE.	LECTURER.	PLACE.
Nov. 18	...Miss Bradley .....	St. Philip's, Stepney.
„ 18	...Miss Barnett ..... “Practical Cookery.”	St. Ann's, Stamford Hill.
„ 21	...Dr. Pope..... “No. 1.”	Leek, Staffordshire.
„ 21	...Miss Anna Marten..... “Respiration and Clothing.”	Mothers' Meeting, Greenwich.
„ 22	...Dr. Pope..... “No 1: How to Take Care of Him.”	Latimer Road Mission.
„ 24	...Miss Barnett ..... “What to Eat and Not to Drink.”	Working Women's Home, Horseferry Road.
„ 25	...Miss Barnett ..... “Practical Cookery.”	St. Ann's, Stamford Hill.
„ 28	...Miss Anna Marten..... “Care of the Teeth and Process of Digestion.”	Mothers' Meeting, Greenwich.
„ 28	John Gay, Esq., jun. .... “First Aid to the Wounded.”	St. George's in the East.
Dec. 1	...Miss Ada Ballin ..... “Digestion.”	Jewish Schools (Mrs. Adler).
„ 2	...Miss Barnett ..... “Practical Cookery.”	St. Ann's, Stamford Hill.
„ 5	...Miss Anna Marten..... “Food and Drinks.”	Mothers' Meeting, Greenwich.
„ 8	...Miss Ada Ballin..... “The Circulation.”	Jewish School, Hanway Place.
„ 9	...Miss Barnett ..... “Practical Cookery.”	St. Ann's, Stamford Hill.
„ 10	...Mrs. Priestley's Lecture..... “Unseen Dangers in the Home,” read by Miss Barnett.	Drawing - Room Meeting, 41, Seymour Street.
„ 12	...Miss Anna Marten..... “The Skin.”	Mothers' Meeting, Greenwich.
„ 12	...John Gay, Esq. ....	
„ 15	...Miss Ada Ballin..... “Ventilation, the Skin, etc.”	Jewish Schools, Hanway Place.



DATE.	LECTURER.	PLACE.
Dec. 16	...Miss Barnett .....	Mothers' Meeting,
	"What to Eat and Not to Drink."	Mellish Place, S.E.
" 22	...Miss Ada Ballin.....	
	"What to Do in Emer- gencies."	Jewish Schools, Hanway Place.

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With respect to Dr. Pope's lectures, it is gratifying to know that on each occasion crowded audiences have attended, and most enthusiastic reports have been received of the real value of his popular discourses on Health. At Burslem it was found necessary, on his second visit, to secure the Town-Hall, but even then many were unable to find room.

The lectures at Battersea are thus acknowledged:—

"The Committee wish especially to express their deep sense of gratitude to the National Health Society for the services of Dr. Pope. His lectures on subjects deeply interesting in themselves were so enlivened by amusing anecdote and pointed by illustrations at once popular and telling, that it seemed almost impossible to misunderstand them, or to fail to be interested by them. They always drew a large audience, and there is evidence before the Committee of the practical good done by them."

MISS BARNETT'S autumn lecturing tour in the provinces has been more than usually successful, and she has been begged to return to the north for more courses of special lectures early in the spring. She gave an address on Health at the Town-Hall, Hull, where she went to represent the National Health Society

at the inauguration of the Hull Sanitary Institute, and its affiliation with the National Health Society.

MISS BRADLEYS lectures have been well attended by large audiences of women, at mothers' meetings, in the poorest parts of London.

MISS MARTEN'S courses of lectures at Spitalfields and Greenwich have been attended by very large audiences of women, who have highly appreciated her teaching, have asked many questions, and taken away recipes and printed instructions from each lecture.

### SYLLABUS—MISS MARTEN'S LECTURES.

1. *Importance of Study of Health.* — Description of the skeleton. Fractures — how to treat them. Joints. Ligaments. Muscles. Dangers of high-heeled boots. Corns. Sprains.
2. *Circulation of the Blood.* — Arteries, veins, capillaries. The body always wearing out. Injuries to arteries and veins. Varicose veins. Cause of fainting—treatment. Apoplexy. Nose-bleeding.
3. *Respiration.* — Three uses of blood. (1) For heating body ; (2) Bringing new material ; (3) Carrying away old. Oxygen, carbon, carbonic acid gas. Structure of lungs. Importance of fresh air. Stories, etc. Experiment—a lighted candle put under a tumbler. Slow poisoning. Consumption, bronchitis, pleurisy.
4. *Digestion.*—Why we need food. Two classes : *a.* Flesh, bone, etc., formers—albumen, minerals, salts, water. *b.* Force, heat producers—carbon in sugar, starch, fat. Foods containing class *a* : meal, soups, cheese, beans, peas, lentils. Foods containing class *b* : bread, rice, sugar, potatoes, tapioca, etc. ; butter, dripping, fat, etc. All these gone through and recipes given.
5. *Digestion.*—More recipes. Process of digestion. Indigestion. Milk. Feeding of infants. Feeding of old people.

6. *The Skin*. — Description. Importance of cleanliness. Stories. Small-pox. Importance of vaccination. Scarlet fever. Measles.

Two courses on FIRST HELPS IN ACCIDENTS, were most kindly given by John Gay, Esq., Junr., to a number of intending emigrants from Drury Lane, and at a large working boys' club in St. George's-in-the-East. In both cases books and printed rules, etc., have been given to members of the class, and they have been taught by practical means how to stop bleeding, what to do with a broken limb, etc., and many other things which it is hoped may prove most useful to them in their future lives, both abroad and in this country. Several young surgeons have volunteered to assist the Society by giving practical teaching of this kind, and applications for lectures will be at once attended to.

MISS ADA BALLIN has given courses at the schoolrooms for the Rev. Dr. Adler, and is to deliver a lecture early in the year at Chenies Street for Rev. A. Löwy.

DR. RICE OXLEY has given a most interesting course of lectures at the Institute, Lower Norwood, illustrated by models, diagrams, and lime-light specimens, on Popular Anatomy and Physiology in their various relations to Health and Disease, which were attended by 160 ladies.

The Society has now a fair collection of diagrams, which are in constant demand both by the regular lecturers of the Society and members of it, and donations of diagrams and models would be thankfully received.

MRS. PRIESTLEY has a magic-lantern with slides illustrating subjects upon which lecturers of the Society treat, and she kindly lends it for the use of the Society.

She shows a model dust-cellar, with sacks or pails for carrying away dust, fever-proof costumes, respirators, nurses' dresses, etc. Mrs. Priestley has written a paper on "Unseen Dangers in the Home," which has been read by Miss Barnett, at the request of the Misses Shaw - Lefevre, in their drawing-room, to an audience of ladies. Discussions followed the reading of this paper, and excited much interest. It has also been read at the Parkes Museum (when Sir Robert Rawlinson, C.B., presided), to a very large audience, amongst whom were Sir Spencer Wells, Bart., Sir Joseph Fayrer, K.C.B., Sir Frederick Pollock, Bart., and Captain Douglas Galton, C.B.

Any lady wishing to interest her circle of friends in house sanitation, can have this paper read in her own drawing-room, by applying to the Secretary, 44, Berners Street.

#### COMMITTEE FOR INVESTIGATING ARSENICAL AND OTHER POISONS IN DOMESTIC FABRICS.

—Your Committee regret that during the last Session of Parliament it was found impossible to introduce a Bill for the exclusion of arsenic from "Domestic Fabrics." The subject is, however, under careful consideration, and it is fully hoped that the delay may not prove altogether lost time, valuable information having been obtained in the interval. Every effort will be made to introduce a Bill when Parliament again meets.

It is proposed to introduce a Bill in Parliament making it illegal to sell articles for domestic use containing arsenic. But before the introduction of such a measure it seemed desirable to ascertain what laws were in force in other countries affecting this question. Application was therefore made to our Foreign Office, on behalf of the National Health Society, which application

was most cordially responded to, instructions being at once issued for reports to be sent in by our representatives from all foreign countries. This action resulted in a very valuable Blue-Book (Commercial, No. 40, 1884, price 7d.). It appears from these reports that laws fully as stringent as that suggested for Great Britain, are already in force generally on the Continent.

It is satisfactory to be able to report that a vast diminution in the use of arsenical colours has already taken place in consequence of the dangers resulting from their use having been brought of late prominently before the notice of the public. Many members have sent specimens of wall-papers, cretonnes, etc., to the Society, to be tested and analyzed.

Dr. Willoughby has felt himself compelled by other engagements to resign the duties of Secretary, and his place has been taken by Mr. Bernard Dyer, F.C.S. The Committee would take this opportunity of acknowledging the valuable assistance rendered by Dr. Willoughby, especially with reference to the documents obtained by our Government from foreign countries.

**STALL AT INTERNATIONAL HEALTH EXHIBITION.**—A small space in the Eastern Quadrant having been allotted to the Society for exhibition of books and papers, and permission to sell them having been obtained through Messrs. Willing and Co., the Society had a stall erected, and engaged an assistant to sell the publications of the Society. On an average, 1,500 little penny books and leaflets treating on sanitary matters were sold weekly. A list of new publications of the Society, with prices, will be found at the end of the report.



CONFERENCE ON SCHOOL HYGIENE AT INTERNATIONAL HEALTH EXHIBITION.—This Society, being one of those invited to hold a conference at the International Health Exhibition, selected as the subject for discussion that of School Hygiene, Dr. E. Willoughby acting as honorary secretary; and finding that the Medical Society of London intended holding a conference of one day's duration on Over-pressure in Schools, the sub-committees deputed by the two Societies combined for that purpose. The conference took place between July 28th and August 2nd, inclusive. It was opened by Prof. De Chaumont with an address on School Dietaries. Over-pressure was treated from all points of view, Mr. Pridgin Teale, Mr. Brudenell Carter, and Sir Jos. Fayrer taking the medical aspect, Mr. R. Greenwood representing the teachers, and Mr. Marchant Williams the managers. Dr. Shelley discussed the question of punishments. Dr. Creighton Browne, having been prevented by circumstances from preparing a paper, favoured the conference with an able address, embodying the results of his inquiries undertaken at the request of the Vice-President of the Council. Mr. Murgatroyd, architect to the Manchester School Board, read a paper on school construction in general, and Dr. Dukes on the hygienic and moral aspects of dormitories. Unfortunately, neither Mr. Warre nor the Hon. E. Lyttelton were able to read papers on athletics, as the Committee had hoped they would; but Mr. Schweitzer, Director of the German Gymnastic Society, contributed an able paper on Systematic Gymnastics, while Mr. Noble Smith treated of posture in schools, and Dr. Fergus of out-door games in relation to the physical development of youth. The prevention and suppression of

outbreaks of infectious diseases in schools was admirably handled by Dr. Alder Smith, whose experience at Christ's Hospital has been large and successful; and Mr. Dyke, M.P. for Merthyr Tydvil, approached the same subject as it concerns public elementary schools and the surrounding population. On the last day Dr. Shuttleworth, Medical Superintendent, of the Royal Albert Asylum at Lancaster, and Dr. Fletcher Beach, of the Asylum at Darenth, discussed the physical and mental development of children of feeble intellect, as compared with others. The meetings were well attended, and the papers elicited animated and very instructive debates. Sir James Paget gave an address.

**DIPLOMA OF HONOUR.**—The Jurors of the International Health Exhibition have awarded the highest distinction possible, a Diploma of Honour, to the Society for good work accomplished.

The Committee have petitioned the authorities of the International Health Exhibition for a grant in consideration of the work they have done during the last ten years. The memorial was signed by the President, many of the Vice-Presidents, and other members of the Society.

**GIFT OF BOOKS.**—The Council of the International Health Exhibition have presented the Society with copies of all the lectures and conferences held at the Exhibition.

**INCORPORATION OF THE SOCIETY.**—Questions having arisen as to the legal *status* of the Society, from difficulties in enforcing claims under contracts made with the Society, it was deemed by your Committee desirable, for that and other reasons, to incorporate the Society under the 23rd Section of the Companies' Act, 1867. Instructions were given by the Executive Com-

mittee to Mr. Eve, one of their number, to apply for the licence of the Board of Trade, and the Society was duly incorporated on the sixth day of November, 1884. The liability of each member cannot exceed one pound. The thanks of the Committee are due to Mr. Eve for so kindly giving his services to the Society on its incorporation.

METROPOLITAN PUBLIC GARDEN, BOULEVARD AND PLAYGROUND ASSOCIATION (In connection with the National Health Society).—This association during the past year has thrown open to the public Canonbury Square and Ebury Square, Pimlico; the disused burial-grounds of St. Dunstan, Stepney; St. James, Ratcliff; and St. Mary, Whitechapel; the churchyard of Christ Church, Battersea; and a splendid playground, daily used by about 2,000 children, on the site of the old Horsemonger Lane Gaol. Seats have been placed in the Borough and in Lambeth, and grants of money have been made towards the opening to the public of a recreation-ground in Stepney, and certain playgrounds and gymnasia in other parts of London. The London School Board had also been successfully urged to extend the use of the playgrounds and the physical training in the schools. The association has prevented building operations upon several burial-grounds, has assisted in protecting Barnes Common from railway encroachments, and has helped to secure the opening to the public of Blackfriars Bridge Gardens and the disused burial-grounds of Bunhill Fields, Benjamin Street, E.C., and St. George's, in Bayswater Road. It is now laying out Carlton Square and St. Bartholomew's Churchyard, E. Increased funds are urgently needed to carry on this useful work, and all interested in the secur-

ing of open spaces in crowded districts should communicate with the Secretary, 83, Lancaster Gate, W.

**SMOKE ABATEMENT.**—The work of this movement has been continued during the past by the National Smoke Abatement Institution, which was formed to extend the operations commenced by a Committee of the National Health Society. Members or others who have any communications to make on the subject of "Smoke Abatement," should communicate with Mr. E. White Wallis, Secretary to the Institution, 74A, Margaret Street, Regent Street, W., where the various publications bearing on the subject may be referred to, and other information obtained.

**CHOLERA PAPER.**—A pamphlet on "How to Oppose and Prevent the Cholera," in same form as "Facts about Vaccination," has been drawn up, circulated, and 27,000 copies sold.

**NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.**—The National Health Society's prizes for Laws of Health and Domestic Economy were last year awarded thus :

**PRIZES FOR LAWS OF HEALTH AND DOMESTIC ECONOMY, PRESENTED BY THE NATIONAL HEALTH SOCIETY.**

1st Prize.	Foster's Physiology.	Mary Ewart. 6th Form.
2nd Prize.	"Health," published by Cassell and Co.	Kate Brunton. 6th Form.
3rd Prize.	"Our Homes," published by Cassell and Co.	Maud M. Sellers. Upper 5th Form.
4th Prizes. (equal in marks)	"Domestic Dictionary" published by Cassell and Co.	Georgina F. Despard. 6th Form. Alice W. Smith. 5th Form.

LONDON SCHOOL BOARD. PRIZES. — The Committee regret that a change of arrangement has made it impracticable that prizes should be awarded at present.

LIVERPOOL SCHOOL BOARD. PRIZES.—See Appendix for report of Examination.

SANITARY AID SOCIETY. — The Marylebone Branch of the Sanitary Aid Association continues to hold its meetings in the rooms of the National Health Society.

LITERARY SUB-COMMITTEE.—Under the superintendence of the Literary Sub-Committee, a number of useful penny books have been published for distribution amongst the poor.

AFFILIATED SOCIETIES.—The Hull and Keighley Sanitary Societies are now affiliated with the National Health Society, and the Societies' publications can now be procured in either place; Dr. Nicholson acting at Hull, and Dr. Roberts at Keighley, as corresponding members.

Several new corresponding members have joined the Society during the year, and it is considered most desirable that small local Sanitary Societies should be formed in different towns and villages, and become affiliated with the National Health Society, which Society would do everything in its power to promote and assist such societies, by sending lecturers, forwarding its publications, by loans of diagrams, etc., and by keeping up continuous correspondence.

MEMBERSHIP. — It would be esteemed a great favour if members would pay their subscriptions in *the early part of the year*, either through their own bankers,



to the account of the National Health Society at the London and Westminster Bank, 214, High Holborn, or by sending them to the Secretary, 44, Berners Street.

Any member deciding to pay his subscription through his banker is requested to inform the Secretary of the fact, that no further application for payment of subscriptions may be made.

The Committee have been obliged to sell out some of their invested fund for payment of liabilities. The work and demands upon the Society increase every year, and subscriptions do not increase in the same proportion.

The Committee have much to thank the City Companies for during the past year.

If members would only interest their friends in the work of the Society, and assist its operations by securing new members, it would be of the greatest service, and would enable much useful work, which cannot now be done for want of funds, to be accomplished.

Members are entitled to notices of general meetings, lectures, etc., and a copy of all publications.

# NATIONAL HEALTH SOCIETY.

CASH STATEMENT for the Year ending December 31st, 1884.

Dr.

Cr.

	£	s.	d.		£	s.	d.
To Balance from last Account	11	11	9	By Rent and Attendance	...	...	100 4 11
" Subscriptions and Donations	...	...	...	" Secretary's Salary	...	...	75 0 0
" Special Donation (J. Noble, Esq.) towards Exhibition Expenses	...	...	...	" Assistant-Secretary's Salary	...	...	30 0 0
" Proceeds of Lectures	5	0	0	" Commission	...	...	39 3 4
" " Sale of Pamphlets, etc.	19	13	0	" Office Expenses	...	...	30 7 6
" Amount received for use of Office (three quarters)	173	19	1	" Printing Pamphlets, Books, etc.	...	...	184 12 6
" Dividends :	18	15	0	" Stationery	...	...	24 2 11
Portuguese Stock (one year)	11	15	0	" Postage and Telegrams	...	...	40 19 0
Canadian Bonds	4	9	10	" Expenses of Lectures	...	...	126 18 11
Consols	3	0	0	" Editing Publications	...	...	33 13 0
Proceeds of Sale of £100 Portuguese Stock	97	0	0	" Seats	...	...	6 6 0
" Amount advanced by Treasurer	64	8	3	" Legal Expenses incurred in Incorporating the Society	...	...	25 0 0
	£801	4	11	" Printing Articles of Association	...	...	10 10 0
				" Messrs. Willing on Sales at Health Exhibition	...	...	10 16 0
				" Expenses at ditto	...	...	30 19 7
				" Books	...	...	10 16 6
				" Advertising	...	...	14 15 0
				" Travelling Expenses	...	...	4 1 3
				" Balance in Hand	...	...	2 18 6
							£801 4 11

## CAPITAL ACCOUNT.

Investments :			
Three Per Cent. Consols	100	0	0
Canadian Bonds	100	0	0
Portuguese Stock	100	0	0
	£300	0	0

HENRY WALDEMAR LAWRENCE } *Hon. Treasurer.*

Examined and found correct.

FREDERICK POPE, Hon. Auditor.

2nd February, 1885.

# LIST OF MEMBERS, SUBSCRIBERS, AND DONORS.

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Blackwell, Dr. Elizabeth  
 Brabazon, Lord  
 Challinor, J., Esq.  
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 Domville, Miss Louisa E.  
 Dowson, P. S., Esq.  
 Drapers, The Worshipful Com-  
 pany of  
 Dunville, Mrs. W.  
 Ewart, Miss  
 Forde, Henry, Esq.  
 Fishmongers, The Worshipful  
 Company of  
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 Goldsmid, Miss Flora  
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				£	s.	d.
Acland, Sir H., M.D., F.R.S.	...	...	Don.	2	0	0
Alcock, Sir Rutherford	...	...	...	2	2	0
Alldridge, Miss	...	...	...	1	1	0
Alexander, Mrs. R. A.	...	...	...	1	1	0
Anstie, Alf., Esq.	...	...	...	2	2	0
Atherton, H., Esq.	...	...	...	1	0	0
Baines, Mrs.	...	...	...	1	1	0
Baker, Miss	...	...	...	1	1	0
Bale, H. J., Esq.	...	...	...	1	1	0
Bale, Messrs. J. and Son	...	...	...	1	1	0
Barnett, Mrs. G.	...	...	...	1	1	0
Baxter, Mrs.	...	...	...	1	1	0
Bechley, Mrs.	...	...	...	1	0	0

				£	s.	d.
Bentall, Miss Edith	...	...	...	1	1	0
Bird, Miss Lucy	...	...	...	0	5	0
Borthwick, Lady	...	...	...	1	1	0
Boyle, Miss A. L.	...	...	...	1	1	0
Bowles, Dr.	...	...	...	0	5	0
Brassey, Lady	...	...	...	1	1	0
Brecks, Mrs.	...	...	...	1	1	0
Bridges, Dr.	...	...	...	2	2	0
Brindle, Thomas, Esq.	...	...	...	1	0	0
Brooks, Miss N.	...	...	...	1	1	0
Brown, W. S., Esq.	...	...	...	1	1	0
Brown and Green, Messrs.	...	...	...	1	1	0
Brownlow, Countess	...	...	...	3	3	0
Buchanan, G., Esq.	...	...	...	1	1	0
Buckton, Mrs.	...	...	...	1	0	0
Burdett, Henry, Esq.	...	...	...	1	1	0
Buss, Miss	...	...	...	1	1	0
Bushe, A. P., Esq.	...	...	...	1	0	0
Butterworth, Mrs.	...	...	...	1	1	0
Caine, W. S., Esq., M.P.	...	...	...	1	1	0
Cameron, Charles, Esq., M.P.	...	...	...	1	1	0
Carlisle, Mrs.	...	...	...	1	1	0
Carr, Henry, Esq.	...	...	...	1	1	0
Cave, Mrs. Lawrence	...	...	...	1	1	0
Chadwick, Mrs. E.	...	...	...	1	1	0
Chappell, A., Esq.	...	...	...	1	1	0
Chaumont, Prof. de	...	...	...	1	1	0
Chaplin, Mrs.	...	...	...	1	1	0
Cheston, Mrs. Charles	...	...	...	1	1	0
Chreiman, Miss	...	...	...	0	10	6
Clothworkers, Worshipful Company of	...	...	...	21	0	0
Cohen, Mrs.	...	...	...	1	1	0
Coles, W. R. E., Esq.	...	...	...	1	1	0
Collins, H. H., Esq.	...	...	...	1	1	0
Cooper, H. J., Esq.	...	...	...	1	1	0
Cortauld, Mrs. Sydney	...	...	...	0	10	0
Cotton, General F.	...	...	...	1	1	0
Crawford, Miss Sharman	...	...	...	1	1	0
Cunliffe, Miss	...	...	...	1	1	0
Cust, Lady Elizabeth	...	...	...	1	1	0
Davis and Co., Messrs.	...	...	...	1	1	0
Debenham, F., Esq.	...	...	...	1	1	0
Domville, Henry, Esq.	...	...	...	1	1	0
Domville, Mrs. H.	...	...	...	1	1	0
Dowie and Marshall, Messrs.	...	...	...	2	2	0
Down, Dr. Langdon	...	...	...	1	1	0
Dowson, Mrs. Enfield	...	...	...	1	1	0
Drapers' Worshipful Company of	...	...	...	21	0	0
Dubost, Miss	...	...	...	1	1	0
Ducie, Countess	...	...	...	1	1	0
Duckworth, Canon	...	...	Don.	1	1	0
Dyke, Jones, Esq., M.D.	...	...	...	1	1	0

				£	s.	d.
Eassie, W., Esq.	...	...	...	1	1	0
Edgell, Rev. Wyatt	...	...	...	1	1	0
Edis, Colonel	...	...	...	1	1	0
Edis, Dr. Arthur	...	...	...	1	1	0
Enfield, Richard, Esq.	...	...	...	1	1	0
Erichsen, Eric, Esq.	...	...	...	1	1	0
Farquharson, Dr. R.	...	...	...	1	1	0
Field, Rogers, Esq., M.P.	...	...	...	1	1	0
Fishmongers, Worshipful Company of	...	...	...	20	0	0
Flower, Prof., F.R.S.	...	...	...	1	1	0
Forster, A., Esq.	...	...	...	1	0	0
Founders, Worshipful Company of	...	...	...	5	5	0
Fry, Mrs. Theodore	...	...	...	2	2	0
Fuller, Stephen, Esq.	...	...	...	1	1	0
Galton, Capt. Douglas, C.B.	...	...	...	1	1	0
George, Mrs. E. A.	...	...	...	1	1	0
Gill, Miss	...	...	Don.	1	1	0
Gladstone, Miss L. M.	...	...	...	1	1	0
Gladstone, Mrs. T. H.	...	...	Don.	1	0	0
Godwin, George, Esq., F.R.S.	...	...	...	1	1	0
Goldsmid, Miss I.	...	...	Don.	1	1	0
Gover, Henry, Esq.	...	...	...	1	1	0
Grant, Mr. Alexander	...	...	...	1	1	0
Greaves, Mrs.	...	...	...	1	1	0
Guest, Miss	...	...	...	1	1	0
Hale, W. M., Esq.	...	...	...	1	0	0
Hallowes, The Misses	...	...	...	2	2	0
Hammond, Mrs. Mark	...	...	...	1	1	0
Hancock, Mrs.	...	...	...	1	1	0
Hanover, Mrs.	...	...	...	1	1	0
Harborton, Vicountess	...	...	...	1	1	0
Hardcastle, Hon. Mrs.	...	...	...	0	10	0
Hare, Thos., Esq.	...	...	...	0	10	0
Harris, Dr.	...	...	...	1	1	0
Harrison, Dr. C.	...	...	...	1	1	0
Hart, Miss	...	...	...	1	1	0
Hart, Ernest, Esq.	...	...	...	5	5	0
Haslam, Miss Rosa	...	...	...	1	1	0
Head, Mrs.	...	...	...	1	1	0
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Herringham, Mrs.	...	...	...	1	1	0
Heywood, James, Esq.	...	...	...	1	1	0
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Hodgson, Mrs. C. H.	...	...	...	1	1	0
Hogg, Lady Stewart	...	...	...	1	1	0
Hogg, Dr. Gordon	...	...	...	1	1	0
Hogg, Dr. Jabez	...	...	...	0	10	6
Holland, Miss	...	...	...	1	1	0
Holland, Miss	...	...	Don.	1	1	0
Holland, Mrs. Charles	...	...	...	1	1	0
Holland, Mrs.	...	...	...	1	1	0
Holroyd, J., Esq.	...	...	...	1	1	0



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Hull Sanitary Association ...	...	...	...	1	1 0
Humphreys, J., Esq. ...	...	...	...	1	1 0
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Jarvis, Miss Fanny ...	...	...	...	1	1 0
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Jones, Lieutenant-Colonel ...	...	...	...	1	1 0
Johnson, P., Esq. ...	...	...	...	1	1 0
Johnston, Miss... ...	...	...	...	1	1 0
Joshua, Mrs. ...	...	...	...	1	1 0
Kemp, Mrs. ...	...	...	...	1	1 0
Keen, Albert, Esq. ...	...	...	...	1	1 0
Kingzett, C. W., Esq. ...	...	...	...	1	1 0
Knight, John, Esq. ...	...	...	...	2	2 0
Lance, George, Esq. ...	...	...	...	1	1 0
Lane, Dr. Edward ...	...	...	...	1	1 0
Lanyon, Sir Owen ...	...	...	...	1	1 0
McLaren, Mrs. Charles ...	...	...	...	1	1 0
Lawrence, Miss M. A. ...	...	...	Don.	0	10 6
Lawrence, Mrs. H. W. ...	...	...	...	1	1 0
Lawrence and Co., Messrs... ..	...	...	...	2	2 0
Leon, Mrs. ...	...	...	...	1	1 0
Leonard, Hugh, Esq. ...	...	...	...	1	1 0
Leonard, Mrs. Selfe ...	...	...	...	1	1 0
Levy, Miss M. ...	...	...	...	1	1 0
Liddell, Mrs. ...	...	...	...	1	1 0
Loveday, George, Esq. ...	...	...	...	1	1 0
Low, Dr. Bruce ...	...	...	...	1	1 0
Löwy, Rev. A. ...	...	...	...	1	1 0
Louise, H.R.H. Princess ...	...	...	...	2	2 0
Macnaught, Rev. F. ...	...	...	...	1	1 0
Maidlow, J., Esq. ...	...	...	Don.	2	2 0
Maignen, W. A., Esq. ...	...	...	...	1	1 0
Mallett, Mrs. ...	...	...	...	1	1 0
Markby, A., Esq. ...	...	...	...	1	1 0
Marsden, M. E., Esq. ...	...	...	...	0	10 0
Martineau, Miss G. ...	...	...	...	0	10 6
Martineau, Miss M. ...	...	...	...	1	1 0
Martineau, Misses ...	...	...	...	1	1 0
Matthews, Charles, Esq. ...	...	...	...	2	2 0
Maxse, Vice-Admiral ...	...	...	...	1	1 0
McMullin, Miss ...	...	...	...	1	1 0
McMullin, Miss ...	...	...	Don.	0	10 0
McSorley, Rev. H. ...	...	...	...	1	1 0
Michael, W. H., Esq., Q.C. ...	...	...	...	1	1 0
Miles, Miss ...	...	...	...	2	2 0
Mills, F. C., Esq. ...	...	...	...	1	1 0
Mineard, G. E., Esq. ...	...	...	...	1	1 0
Mitchell, Charles, Esq. ...	...	...	...	1	1 0
Mocatta, F. D., Esq. ...	...	...	Don.	3	3 0

			£	s.	d.
Montefiore, Mrs. Nathaniel	...	...	1	1	0
Morrish, Mrs. Buxton	...	...	1	1	0
Neate, Mrs.	...	...	1	1	0
Nettleford, Mrs.	...	...	1	1	0
Nicholson, Miss	...	...	Don.	0	5 0
Noble, John, Esq.	...	...	2	0	0
Odgers, Rev. W. J.	...	...	1	1	0
Odgers, Blake W., Esq.	...	...	1	1	0
Osborne, C. T., Esq.	...	...	1	1	0
Pagliardini, Mons.	...	...	1	1	0
Parsons, Dr.	...	...	1	1	0
Pearce, Mrs. P. W.	...	...	1	0	0
Pearce, Mrs.	...	...	1	1	0
Pears, Messrs. A. & F.	...	...	1	1	0
Pease, Mrs. Gurney	...	...	1	1	0
Pease, Mrs. A.	...	...	1	0	0
Peggs, Wallace, Esq.	...	...	1	1	0
Pennington, Mrs.	...	...	1	1	0
Pepys, Lady Emily	...	...	0	5	0
Phelps, Col. Peyton	...	...	1	1	0
Phillips, Miss	...	...	1	1	0
Pocock Brothers, Messrs.	...	...	1	1	0
Pollock, Sir Frederick, Bart.	...	...	1	1	0
Pope, Samuel, Esq., Q.C.	...	...	2	2	0
Powell, Miss Rosamond	...	...	1	1	0
Powell, Francis S., Esq.	...	...	1	1	0
Powell, E. J., Esq.	...	...	1	1	0
Power, Sir A., K.C.B.	...	...	2	2	0
Raphael, Alfred, Esq.	...	...	1	1	0
Raphael, Mrs.	...	...	1	1	0
Raphael, Mrs. John	...	...	1	1	0
Richmond, Rev. Canon	...	...	Don.	1	1 0
Ridley, Miss	...	...	0	10	6
Ridley, Miss	...	...	Don.	0	10 0
Roberts, Dr. Arthur	...	...	1	1	0
Roberts, C., Esq., F.R.C.S.	...	...	1	1	0
Robinson, Miss E. P.	...	...	1	1	0
Roget, Miss	...	...	1	1	0
Romanes, Mrs. George	...	...	1	1	0
Ross, Dr. A.	...	...	1	1	0
Rubenstein, J. F., Esq.	...	...	1	1	0
Russell, Lady Agatha	...	...	1	1	0
Russell, Miss	...	...	1	1	0
Salmon, G., Esq.	...	...	1	1	0
Samuel, Mrs. Harry	...	...	1	1	0
Samuelson, B., Esq., M.P.	...	...	1	1	0
Sanderson, Mrs. Burdon	...	...	1	1	0
Sargent, Mrs.	...	...	1	1	0
Schwann, A., Esq.	...	...	1	1	0
Scott, Lady Henry	...	...	1	1	0
Selborne, Countess	...	...	1	1	0

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Sharpe, Miss ...	...	...	...	0	10	0
Shaen, William, Esq. ...	...	...	...	1	1	0
Slater, John, Esq. ...	...	...	...	1	1	0
Simpson, John, Esq. ...	...	...	...	1	1	0
Smith, Mrs. Eustace ...	...	...	...	2	2	0
Smith, James, Esq. ...	...	...	...	2	2	0
Smith, J. M., Esq. ...	...	...	...	1	1	0
Smith, Noble, Esq. ...	...	...	...	1	1	0
Snell and Son, Messrs. Saxon ...	...	...	...	1	1	0
Spongy Iron Filter Company ...	...	...	...	1	1	0
Stanley, Dowager Lady ...	...	...	...	1	1	0
Staples, Henry, Esq. ...	...	...	Don.	1	1	0
Startin, James, Esq. ...	...	...	...	1	1	0
Steele, Mrs. ...	...	...	...	1	1	0
Steele, Dr. J. C. ...	...	...	...	1	1	0
Streatfield, E. F., Mrs. ...	...	...	...	1	1	0
Street Brothers, Messrs. ...	...	...	...	1	1	0
Swanwick, E., Esq. ...	...	...	...	1	1	0
Swanwick, Miss Anna ...	...	...	...	1	1	0
Talbot, Miss E. T. ...	...	...	...	1	1	0
Taylor, Whateley Cooke, Esq. ...	...	...	...	1	1	0
Taylor, Mrs. Thomas ...	...	...	...	1	1	0
Teale, Pridgin, Esq. ...	...	...	...	1	1	0
Tennant, Mrs. ...	...	...	...	0	10	6
Thorne, Dr. Thorne ...	...	...	...	1	1	0
Tolmé, Mrs. ...	...	...	...	1	0	0
Tomkinson, Mrs. ...	...	...	...	1	1	0
Trevelyan, Sir Charles ...	...	...	...	1	0	0
Tubbs, Mrs. ...	...	...	...	1	0	0
Turner, Ernest, Esq. ...	...	...	...	1	1	0
Twining, Thomas, Esq. ...	...	...	...	1	0	0
Valentine, C. J., Esq. ...	...	...	...	1	1	0
Wakeling, Mrs. D. H. ...	...	...	...	1	1	0
Ward, Mrs. Clifton ...	...	...	Don.	1	1	0
Welch, Mrs. Kemp ...	...	...	...	1	1	0
Wills, Mrs. ...	...	...	...	1	1	0
Wells, Lady Spencer ...	...	...	...	1	1	0
Westminster, Duke of ...	...	...	...	3	0	0
Westlake, J., Esq., Q.C. ...	...	...	...	1	1	0
Wharnccliffe, Countess of ...	...	...	...	1	1	0
White, Mrs. ...	...	...	...	1	1	0
White, Mrs. F. A. ...	...	...	...	2	2	0
Williams, Miss ...	...	...	...	2	2	0
Winkworth, Mrs. Stephen ...	...	...	...	2	2	0
Woods, W. Noel, Esq. ...	...	...	...	1	1	0
Woodhall, W., Esq., M.P. ...	...	...	...	1	1	0
Wollams and Co., Messrs. ...	...	...	...	1	1	0
Worthington, R. B., Esq. ...	...	...	...	1	1	0
Wynn, Miss F. E. ...	...	...	...	1	0	0
Wylliams, Mrs. Brydges ...	...	...	...	1	1	0
Yates, Rev. Thompson ...	...	...	...	1	0	0

## APPENDIX I.

## LIVERPOOL.

COPY OF JOINT REPORT OF THE BOARD'S INSPECTORS,  
AND OF THE BOARD'S SCIENCE INSTRUCTOR ON THE  
ANIMAL PHYSIOLOGY EXAMINATION.

HELD ON THE 13TH DECEMBER, 1884.

The examination was held on Saturday, the 13th December, 1884, from 9.30 a.m. to 12.30 p.m. The examination comprised one oral question in five sections, three compulsory questions and six optional questions out of a total of nine.

There were seventy-three candidates examined from fourteen schools; three of the girls, however, are ineligible for prizes on account of being over the prescribed age of fourteen, but their work has been accepted, and is included in the results for the classification of the successful girls, but not in the classification of schools. The total number who succeeded in passing the examination on this occasion, exclusive of two who are ineligible, is forty-five; or 61.6 per cent., as against 52.7 per cent. the previous year.

The names of the successful candidates are set out in order of merit; and we recommend the first nineteen girls named for the prizes set forth opposite their respective names, and the remaining twenty-six girls named for honourable mention.

The schools from which girls were examined are arranged in order of merit on the work of the eligible girls only. All the girls from the three schools that head the list have succeeded in passing. Their work is sound, and thorough, creditable alike to the girls and their teachers. The next six schools in order of merit have passed all but one of the candidates they respectively presented. The work done by the first three of these schools is, as a rule, very good, though there is much inequality in the work of the group of girls in each school. The girls from the latter three schools have done work of only an average character, but it is sufficiently good to show that considerable pains have been bestowed upon their instruction. The average of the work of the girls from the remaining five schools, is low, and it is in two schools only that there are instances of individual girls whose work is of a more creditable character. Most of the girls in these schools show a tolerable amount of familiarity with terms and facts, but they give little evidence of having grasped them with enough firmness to have the ability of handling them in an independent manner for themselves.

Our general estimate of the work done at this examination is that it compares very favourably with that done on any previous occasion. While the best work is as satisfactory as before, the general average of the work is higher. The neatness of the papers and the correctness of spelling and composition are deserving of commendation. There is now an almost entire absence of book-phrases that formerly characterized the answers given.

(Signed)

EDWIN FOSTER,	} Board's Inspectors.
E. S. SHIRLEY,	
W. HEWITT,	

## APPENDIX II.

## ANIMAL PHYSIOLOGY EXAMINATION.

*Morning 9.30 to 12.30.*

## INSTRUCTIONS.

1. Write the number of the place in which you sit, your name (in full), age last birthday, address, and name of school, on the right hand upper corner of your first sheet of paper, and your name on every succeeding sheet.
2. You should answer the *first three* questions *briefly*, but *well*, and then *only* six others out of the remaining *nine*.
3. Write on both sides of your paper.
4. Three hours will be allowed for this paper.

COMPULSORY (*to be answered first by everyone*).

1. What is meant by the "circulation of the blood?" Explain why it is necessary for the blood to be in constant motion. How can it be made to move faster with advantage?
2. For what purposes do we require food? Why do we need to eat various kinds of food?
3. What are the differences between pure air and the air we breathe out of our lungs? Why is the air in the country purer than that in a town?

OPTIONAL (*six only to be answered*).

4. Why should our food be well masticated before being swallowed?
5. How are our bones kept together at the joints? What arrangements are there in the body to enable the bones to move easily? What care ought you to take to prevent your joints becoming stiff?
6. Name some clothing materials made of wool. Explain clearly why woollen articles form particularly good winter clothing.
7. Why is it important that the drains of a house should be well constructed and kept in good order? How is it possible to find out when they are not so?
8. What precautions would it be well for you to take if small-pox were prevalent in the neighbourhood in which you lived?
9. Describe in what manner a person is benefited by open air exercise.
10. Where is the brain situated? How is it protected? What are its functions? How can it find rest?
11. Where is the perspiration formed? What becomes of it? What rules do you follow with regard to it?
12. What rules should you observe in order to preserve your eyesight uninjured?

## ORAL QUESTIONS.

1. Why does blood flow out when the body is wounded?
2. Why does it flow faster out of some wounds than out of others?
3. How could you tell whether it were an artery or a vein that was cut?
4. Why is it dangerous to cut a large blood-vessel?
5. How would you proceed to stop the bleeding in (a) an artery, (b) a vein?



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